

Helen C. Fessle
523 West 156th St
Manhattan,



THE NEW LUCILE COOK BOOK



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Acker, Merrall & Condit Company

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INDEX

BREAD AND BREAKFAST CAKES	193-210
BUTTER AND CHEESE	166
CAKE	241-256
CANDIES	281-283
CUSTARDS AND CREAMS	259-267
DESSERT { Frozen Dainties	269
Sherbets	275-278
Water Ices	278-280
Ice Cream	269-275
EGGS AND OMELETS	134-139
FISH	21-34
FISH (Shell)	35-45
FORTY RECIPES OF THE "FOUR HUNDRED"	295-302
FRITTERS	191, 192
FROSTING AND FILLING FOR CAKE	257, 258
GAME	103-115
JELLIES AND JAMS	174-178
KETCHUP	184, 185
MACARONI AND SPAGHETTI	163-165
MEATS { Beef	46-58
Mutton and Lamb	59-65
Pork	75-84
Veal	65-74
PASTRY	211
PIE	212-222
PICKLES	180-185
POULTRY	85-102
PRESERVES	168-173
PUDDINGS	223-236
SAUCES (For Meats and Fish)	116-122
SAUCES (For Puddings)	237-240
SALADS	123-133
SALAD DRESSING	131-133
SANDWICHES	186-190
SOUPS	7-20
SUMMER BEVERAGES	289-294
TEA, COFFEE AND CHOCOLATE	285-288
VEGETABLES	141-163

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44 West 34th Street

NEW YORK, N. Y.

SOUP.

“The fate of Nations depends upon how they are fed.”

Soup properly prepared is so wholesome and nutritious, and adds so much to the elegance of a dinner, that we could wish all our readers might succeed with at least a few of the more delicious kinds.

Always put the meat to cook in cold water, for the reason that the juices are required in the soup, when if put into boiling water the pores will be closed at once and the juices retained.

Never allow to boil rapidly, but let the kettle stand on the back of the stove or range and simmer slowly. Remove carefully the scum that will rise as the soup nears the boiling point; add cold water, a little at a time, to keep the liquid from boiling until it has been thoroughly skimmed, as without this precaution the soup will not be clear.

Boil the meat several hours, or until it is very tender and falls easily from the bone; when done pour into an earthen crock and let stand until cool, or over night. In the morning remove every particle of fat from the top of the stock, take out the meat and bones, and return the soup to the kettle; it is now ready for the vegetables, and they will be sufficiently cooked in an hour. Fifteen minutes before the soup is removed from the fire add the herbs, as if they are boiled too long much of their delicate flavor escapes in the steam. Always strain before serving.

If you wish to clarify your soup, proceed as follows: Beat the white of one egg for every quart of soup, stir the beaten egg into half a pint of cold water, now add a pint of the hot soup, stirring constantly; remove the kettle from the fire, stir in the mixture and return to the fire. When near boiling, the egg will separate and begin to rise; remove at once from the fire and strain.

Be chary of salt.

CROUTONS FOR SOUP.

Many kinds of soup are improved by the added flavor of fried bread or croutons. Cut stale bread in little square or dice shaped pieces and fry in drippings until a golden brown, put into the soup-tureen and pour the soup over. A medium sized slice of bread will be sufficient for two quarts of soup.

VEGETABLES FOR SOUP.

Celery and parsley roots, onions and leeks are the most suitable for this purpose. They should be well washed, then scraped, and again washed. The celery root should be cut up into small pieces; the onions may be put in whole; the leeks and parsley root cut into pieces about one inch long. To make soup for six persons half a large root of celery, two middle-sized onions, one leek, and a few pieces of parsley, would be the proper quantity.

BOUILLON—BEEF.

Put into the soup-kettle four pounds of lean beef, two pounds of breast of veal, and a year-old chicken; add six quarts of water (cold) and place on the stove where it will boil very slowly. Remove every particle of scum as it rises. Add, as it boils away, more water, as this quantity of meat should make six quarts of strong bouillon. Boil from three to four hours, or until the meat is very tender. Remove from the fire and set in a cool place over night, or until cool. Remove carefully all the fat from the stock, and take out the meat; put the kettle on the stove and add the following vegetables: One head of celery, three carrots, a small turnip and one onion previously roasted in the oven or before the fire until a nice brown. Slice the vegetables quite thin before putting them into the soup. Boil an hour, adding at the last salt and pepper to taste. If a smaller quantity of soup is desired, use less meat. If preparing bouillon for an invalid, it is better to omit all the vegetables except celery.

JULIENNE.

Clean, cut in slices and fry in butter or drippings, until slightly browned, two or three carrots, a small turnip, three or four celery stalks and an onion. Have ready three quarts of good stock, skimmed and strained; add the vegetables and simmer an hour; half an hour before it is done, add a quarter of a small head of cabbage, finely shred and parboiled, and a teacupful of cooked tomatoes or three large ripe ones, thinly sliced. Season with pepper and salt and a tablespoonful of lemon juice. Put two dozen croutons in your soup-tureen, pour the soup over them and serve.

TO MAKE MUTTON BROTH QUICKLY.

One or two chops from a leg of mutton, one pint of cold water, a small bunch of sweet herbs, one quarter of an onion, pepper and salt to taste. Cut the meat into small pieces; put into a saucepan, with bones, into cold water, but no skin or fat; add the other ingredients; cover the saucepan, and bring the water quickly to a boil; take the lid off, and continue the rapid boiling for twenty minutes, skimming, as well, during the process; strain the broth into a basin. If there should be any fat left on the surface, remove it by laying a thin piece of paper on the top; the greasy particles will adhere to the paper, and so free the preparation from them.

OX-TAIL SOUP.

Cut a cleaned ox-tail at each joint and fry five minutes in butter or good dripping. Take out the meat and put into a warmed soup-kettle while you fry a sliced onion in the dripping left in the frying-pan. Turn this, with the fat, upon the pieces of ox-tail, rinse out the frying-pan with hot water and add this to the soup-kettle. Now cover with two quarts of cold water; slice a carrot thin, mince four stalks of celery and add these to the water. Cover closely and simmer for five hours. Season to taste and set aside until next day, remove the fat and strain the liquor from meat and vegetables. Pick out the best joints and return to the soup. Heat to a fast boil, skim, add kitchen bouquet to taste, and serve. There should be two or three joints in each portion. Some cooks slice two or three very small carrots, parboil them and put into the strained liquor with the joints before giving the last boil.

CLEAR BROWN SOUP.

After making, cooling and skimming your stock as directed in the beginning of this chapter, measure out a quart; put over the fire and when lukewarm stir in the white of a raw egg. Bring quickly to a boil, stirring all the time. As soon as it bubbles, take from the fire, pour in a little very cold water and let it stand for three minutes. Then pour slowly off the dregs through a flannel bag, or a double cloth. Let it drip as you would jelly. When all has run through, return to the fire with a little soaked tapioca, or a handful of "ma-

nestra," such as comes in shapes for soups; simmer five minutes, color with kitchen bouquet, or with caramel, and serve.

MULLIGATAWNEY SOUP.

Joint a large fowl, as for fricassee, and cut into small pieces a pound of lean veal. Slice two onions and fry them in butter; pare, quarter and core two sour apples. Put all these into a saucepan with six quarts of cold water. Add four cloves and four peppercorns, cover closely and let it simmer until the fowl is tender. Remove it and cut the meat from the bones into small pieces. Return the bones to the kettle and add one level tablespoonful of curry powder, one level teaspoonful, each, of salt and sugar mixed to a smooth paste with a little water.

Simmer another hour, or until reduced one-half, strain the soup, let it stand all night and remove the fat. Put it on to boil again, add the pieces of fowl and one cupful of boiled rice. This will make a large quantity of soup. Send around with it bananas, chilled by burying them in ice, for those who relish this accompaniment to curry dishes.

CHICKEN SOUP.

Cut up a chicken and break the bones; cook until very tender in three quarts of water, adding water as it boils away, so that when done there will be three quarts of soup. Boil very slowly, and when done remove the meat and bones from the kettle, pour the soup into an earthen dish and let stand until cold, then remove every particle of fat from the stock, put into a saucepan and set on the stove. Have ready half a cupful of rice, looked over and washed, which add to the soup. Fry in a little butter one small onion, two or three stalks of celery, half a small turnip and one carrot; add to the soup and boil slowly for one hour.

TURKEY SOUP.

One tablespoonful of butter, one slice of onion, three stalks of celery, one cupful of cream, three tablespoonfuls of rice, salt and pepper to taste.

Chop the onion, and brown in butter. Add the turkey carcass and any dressing left over, cover with one quart of cold water and

simmer for two hours. Strain, return the broth to the kettle. Chop whatever meat can be taken from the turkey bones very fine, and add to the broth with the rice and celery also chopped fine. Cook for one-half of an hour, or until the rice and celery are tender. Add the cream, season and serve.

CHICKEN BOUILLON.

Cut a four-pound fowl into pieces and put it over the fire with four quarts of cold water. Bring very slowly to the boiling point, and simmer gently for three hours, or until the meat is so tender that it slips from the bones. Add half of a sliced onion and three stalks of celery, and simmer for an hour longer. Turn into a bowl and set in a cold place for some hours. When thoroughly chilled, remove the fat from the surface of the soup, strain out the bones and skim. If the liquor is jellied after skimming it, set it on the fire long enough to melt the jelly from the bones. Strain through coarse muslin, letting it drip through, but not squeezing the bag. Put over the fire, and, when lukewarm, throw in the unbeaten white and broken shell of an egg; stir to a quick boil and again strain through muslin after seasoning to taste.

GUMBO SOUP.

Cut a fowl at every joint and fry for five minutes in good dripping or in butter. Remove the meat and put into a soup-kettle. Cook two sliced onions in the fat left in the frying-pan. Put into the kettle with the chicken half a pound of lean salt pork, or corned ham, cut into small bits, and the fried onions. Add two quarts of cold water, and bring slowly to a boil, after which you should let it simmer two hours. Add, now, two dozen young okra pods, half a pod of green pepper, chopped, and half a can of tomatoes, or a pint of fresh, cut small, and simmer till the chicken is tender. Remove the larger bones, add salt to taste, and five minutes before serving add one pint of fine, sweet corn pulp, scraped from the cob, or one small can of canned corn, or one pint of oysters. Stir in a tablespoonful of butter rolled in flour, boil a few minutes and serve. If fresh okra cannot be obtained, use the canned.

When and What to Drink

A DINNER (de Luxe)

- Appetizer*—A "Taillan" French Vermouth Cocktail, with or without Gilbey Dry Gin.
Oysters—A Dry Rhine Wine or Haut Barsac.
Soup—Madeira or Dark East India Sherry.
Fish—Haut Sauterne or Hock.
Entrees—Vintage Claret.
Roast—Burgundy (Pommard or Chambertin).
Game—Champagne—not too dry.
Pastry—Old East India Madeira.
Fruit—A Sweet Sauterne (Chateau d'Yquem).
Coffee—Fine Champagne Cognac or Liqueurs.

All Wines should be served at the temperature of the room in which the Dinner is served, with the exception of Champagnes, which should be *cold*, but not *frozen*.

Sauternes should be *cool*, but not *cold*.

A later fashion has introduced a "Red" or "White" Dinner. Only Clarets, Burgundies and Ports are used at the former, and Rhine Wines, Sauternes and Sherries for the latter, but Champagnes are en regle at both—also Brandy and Liqueur.

A SELECTION OF SUITABLE WINES AT MODERATE PRICES

- Champagne*—"Ayala" Magnet Brand—the highest class of Champagne.
Claret—Chateau Moulin de Soubeyrau Champagne—Chateau bottled Vintage 1900.
Sauternes—Haut Sauternes Vintage 1899.
 Chateau La Tour Blanche Vintage 1900.
Burgundy—Pommard & Chambertin "old" in Bottle.
Hock—"Eltviller," a high-class Dinner Wine.
Moselle—"Wintricher," a fine Dinner Wine.
Port—"D," a fine Dry Wine, 11 years in wood.
Sherry—Pale Solera, a soft delicate flavor "Dry."
Madeira—A fine Wine old in Bottle—East India Style.
Brandy—Boutelleau "Liqueur Brandy," white label, gold letters.
Liqueurs—Rocher Freres—the finest in the world.

Acker, Merrall & Condit Company

VERMICELLI SOUP.

The day before the soup is desired take lamb and veal bones (of course there is meat upon them), break them; put them in the soup-kettle, cover with cold water and boil three hours, adding hot water as it boils away, so as to keep the same quantity of soup, then set away until morning. A little while before the soup will be required, remove fat and bones, place upon the stove; when hot add a small onion, previously sliced and fried to a dark brown; add a tablespoonful of Worcestershire sauce. Season with pepper and salt. Any sweet herb may be added. Strain soup, return to kettle, and put in a quarter of a pound of vermicelli which has been boiled tender. Let it boil well and serve.

VERMICELLI SOUP (FOR INVALIDS).

One pound of meat (beef, mutton, veal, alone or mixed poultry cuttings), 1 ounce gelatine, one ounce vermicelli, three pints cold water; seasoning if allowed.

Cut up the meat and place with all the ingredients into a jar (first having soaked the gelatine in the cold water), soak for an hour, then simmer for several hours, stirring from time to time. Strain through a sieve. This may be given to an invalid in the form of a jelly, or again may be taken up hot with the addition of a little milk or cream, added at the time of serving.

CHOCOLATE SOUP.

A NOURISHING FOOD FOR CHILDREN.

INGREDIENTS.—One-quarter pound chocolate, two and one-half quarts milk and water, sugar to taste, one egg yolk, a little vanilla or cinnamon. Cook the chocolate soft in a little water and add the rest; when boiling, put in the other ingredients, and cook the beaten white of an egg in spoonfuls on top.

GREEN TURTLE SOUP.

After cutting off the head, let the turtle hang for four or five hours, with the neck downwards, to bleed; then separate the two shells with a knife, being careful to remove the entrails whole, which

throw away. The claws and fleshy parts are served, and any of the turtle meat not required for the soup, saved for entrees. Clean and boil in water enough to cover until the shells of the claws loosen. Remove and place in cold water for two or three minutes, then drain, cut into small pieces and put into about two quarts and a half of soup stock, with a bunch of sweet herbs, a sliced onion, pepper and salt. Cook slowly about three hours; remove from the fire, and strain; then return to the stove and thicken a little with browned flour and water made into a paste. Simmer for half an hour and add the green fat cut into lumps about three-quarters of an inch square, and a few force-meat balls (or if there are eggs in the turtle, use them; they should be cooked three or four hours by themselves), the juice of a lemon, a glass of sherry, or Madeira wine, and the soup is ready to serve. Use canned turtle if a live one cannot be procured.

MOCK TURTLE SOUP.

Boil a calf's head until the meat leaves the bones. Leave it in the seasoned soup until next day, then take it out, scrape off the fat and remove the bones. Put the jellied stock over the fire with the bones, the ears, chopped, one grated carrot, one sliced onion, a bunch of soup herbs, a teaspoonful of allspice, a saltspoonful of paprika and salt to taste. Boil for one hour. Take from the fire, strain, thicken with two tablespoonfuls of butter rolled in as much browned flour, add two teaspoonfuls of kitchen bouquet, and, when the soup is thickened, drop in the tongue and parts of the cheek cut into dice. Add a gill of sherry and the juice of a lemon and pour upon force-meat balls in a hot tureen. Make the force-meat balls by rubbing the brains to a paste with the yolk of a hard-boiled egg, a little browned flour, and let them stand in a quick oven until crusted over.

BISQUE OF OYSTERS.

One pint of oysters, one tablespoonful of butter, yolk of one egg, one tablespoonful of flour, one pint of milk, salt and pepper to taste.

Drain the oysters free from their liquor, adding sufficient cold water to make one cup of liquid. Chop half the oysters fine. Bring the oyster liquor to a boil, skim, add the chopped oysters and simmer ten minutes.

Scald the milk; rub the butter and flour together until smooth, add to the milk and stir until it thickens. Add the whole oysters to

the oyster liquor, and as soon as the edges curl remove all from the fire. Add the beaten yolk of the egg to the milk, take at once from the fire and mix with the oysters and their liquor. Season and serve at once.

LOBSTER BISQUE.

Two cupfuls of lobster meat, minced fine; one quart of boiling water and the same of milk; half a cupful of butter and a cupful of fine cracker crumbs; paprika or cayenne and salt to taste; a teaspoonful of flour.

Rub the coral and a quarter of the meat to a paste; leave this in enough boiling water to cover it for half an hour. Then put the reserved chopped lobster into a saucepan, with the cracker crumbs and half the butter; stir in the hot water and coral, etc., with the rest of the quart of boiling water. Cook gently half an hour in a double boiler after the water in the other vessel begins to boil hard. Stir often. In another saucepan heat the milk (with a bit of soda) and the rest of the butter worked up with the flour. Boil one minute. Turn the lobster into the tureen; stir in the hot milk and serve at once.

CLAM BISQUE.

Thirty clams; one cupful of milk and half as much cream, or two cupfuls of milk; two tablespoonfuls of butter and one of flour; three eggs; a tablespoonful of onion juice; one cupful of boiling water; a pinch of soda in the milk; one cupful of cracker crumbs.

Chop the clams and put over the fire in the boiling water. Simmer half an hour. Heat milk and cream in another saucepan with the soda and crumbs. Stir in the roux, boil one minute and pour gradually, beating all the time, upon the yolks, previously whipped smooth. Heat in a double boiler for two minutes, or until the water in the outer vessel boils hard, and turn into the tureen. Season the boiling mince of clams with salt, cayenne and minced parsley, add to the milk in tureen and cover the surface with the whites of the eggs beaten to a standing froth.

In serving, dip the ladle deep into the bisque, but see that each plate is mantled by the meringue.

SALMON SOUP.

Salmon soup is also very nice and cheap, prepared according to the following recipe: Boil one onion until perfectly tender, drain off the water, and add half a can of salmon, a tablespoonful of finely chopped parsley, a lump of butter as big as a walnut, and salt and pepper to taste. Pour a quart of milk over all these ingredients, boil up and serve immediately with a few slices of hard-boiled egg and a dash of cayenne in the tureen.

FISH SOUP.

Slice three middling-sized onions and fry them with one ounce of butter till turning yellow, add three or four pounds of fish—bass, pike, trout, salmon, or any fish having a firm flesh; add also two carrots, two onions, sliced, a little parsley, thyme, one clove of garlic, a bay leaf, one clove, six peppercorns and salt; cover the whole with cold water and boil gently for two hours; add more water if needed; strain and use.

SPRING VEGETABLE SOUP.

Take two pounds of shin of beef and two pounds of knuckle of veal; remove all the fat, and break the bones and take out the marrow; put into a pot with five pints of water; add a teaspoonful of salt, and then cover and let it come to a boil quickly; remove the scum that rises, and set where it will simmer for five hours; one hour before serving add two young carrots, scraped and cut in slices, half a head of celery and a small onion cut into squares; in half an hour add one turnip, sliced, and, in fifteen minutes, one cauliflower broken in small pieces.

SAVORY POTATO SOUP.

Crack a good marrow-bone well and put over the fire with three pints of cold water, a small sliced carrot, a stalk or two of celery and a grated onion. Cook slowly until boiled down to one-half the original quantity. Set aside until cold; remove the fat, take out the bones, and rub the vegetables through a colander back into the soup. Heat quickly to a boil, and pour upon your mashed potato, gradually, working in smoothly as you go on. Turn into a double boiler and

when again hot put in a great spoonful of chopped parsley. Have ready in another saucepan a good cupful of hot water, in which has been dropped a pinch of soda. Stir into this a teaspoonful of butter, rubbed up in one of corn starch. Cook three minutes, add to the potato soup, stir briskly for half a minute and put into the tureen. If properly seasoned this is a delicious family broth.

TOMATO CREAM SOUP.

Cook a quart of tomatoes soft and rub them through a colander, or drain the liquid from a can of tomatoes. Heat it over the fire, cooking with it a pinch of soda and a teaspoonful of onion juice. Cook together in another saucepan a tablespoonful, each, of butter and flour until they bubble, and then pour upon them a pint of hot milk. Stir until it thickens, salt and pepper the tomato to taste, and mix with it the thickened milk. Add half a teaspoonful of Worcestershire sauce and serve at once.

RICE SOUP WITHOUT MEAT.

One cup of rice, yolks of four eggs, three quarts of water, one spoonful of butter, one pint of milk, pepper and salt.

Wash the rice thoroughly, rubbing dry. Put it in a saucepan with one pint of cold water; when swelled add one pint of boiling water, and when it begins to get very tender add the remaining pint of boiling water. Add the pepper and salt. Beat up the yolks of the eggs with a few tablespoonfuls of cream. When quite smooth stir in carefully a few spoonfuls of the boiling rice water, and then pour the eggs and cream into the saucepan, stirring very briskly. Draw aside and stir for two or three minutes, but do not allow the soup to boil after the eggs and cream have been poured in.

CREAM OF CELERY SOUP.

Cut a bunch of celery into small bits and put it over the fire in enough water to cover it. Stew until very tender; rub through a colander, and stir into it a pint of hot veal or other white stock. Cook together two tablespoonfuls of butter and the same of flour, and pour slowly upon them a pint of hot milk in which a pinch of soda has been dissolved. When thick and smooth, add gradually, stirring

constantly, the celery and stock. Season with pepper and celery salt, and serve.

ONION CREAM SOUP.

Into a quart of mutton stock slice six large onions and simmer for an hour. Rub through a colander, return to the fire, and thicken with two tablespoonfuls of flour, rubbed to a paste with two of butter. Bring a half pint of milk to the boiling point and stir it into the soup. Season with salt, white pepper and a tablespoonful of minced parsley.

CREAM OF ASPARAGUS SOUP.

Cut the stalks of a bunch of asparagus into half-inch lengths, and boil slowly for an hour in three cups of salted water. When the stalks are tender, drain through a colander, pressing and rubbing the asparagus that all the juice may exude. Return the liquid to the fire and keep it hot while you cook together in a saucepan a tablespoonful of butter and one of flour, and pour upon them a quart of milk. Stir until smooth, and add the asparagus liquor slowly with a cupful of asparagus tips, already boiled tender. Have ready beaten the yolks of two eggs, pour the hot soup gradually upon these, stirring all the time; return to the fire for just a half minute, season to taste and serve.

CORN AND TOMATO SOUP.

Heat two tablespoonfuls of butter in a saucepan, put into it two fine-cut onions, one bay leaf and six whole black peppers; cook five minutes without browning; add one tablespoonful of flour, stir and cook two minutes; then one can of tomatoes, one tablespoonful of sugar, one teaspoonful of salt, one-quarter teaspoonful of white pepper; stir often and cook ten minutes. Next comes one pint of boiling water; cook five minutes, rub the tomatoes through a sieve into a clean saucepan and add one can of corn, put it into the soup and boil fifteen minutes; mix the yolks of two eggs with a half cupful of cream or milk, stir into the soup, and serve at once.

ONION AND CUCUMBER SOUP.

Cut and chop fine two large white onions and three cucumbers. Fry them for five minutes without browning, in one tablespoonful of

butter; add one pint of boiling water and simmer for forty-five minutes. Press through a sieve, getting as much pulp as possible. In another saucepan mix together one tablespoonful of butter and one tablespoonful of flour, add gradually one pint of hot milk and stir until smoothly thickened. Gradually mix this with the cucumber puree, season highly with salt and pepper and simmer for five minutes. Serve with croutons.

COLD FRUIT SOUPS.

Cold fruit soups may be made from all kinds of summer fruits by stewing the fruit until tender, pressing through a sieve, adding an equal quantity of water and enough sugar to have slightly acid. Returning to the fire, add a slight thickening of arrowroot—one teaspoonful to the pint—cook until clear, set away and serve very cold. Bouillon cups or small glass bowls are generally used for these soups.

LIMA BEAN SOUP.

One cup of lima beans, two cups of milk, one cup of water, one bay leaf, two tablespoonfuls of butter, one tablespoonful of flour, one small onion, salt and pepper to taste.

Slice the onion and brown in the butter; add the flour; stir until smooth and brown. Add the water, bay leaf and beans, and cook twenty minutes, or until the beans are soft. Press through a sieve. Scald the milk, add the beans and cook until thickened. Season and serve.

BAKED BEAN SOUP.

Take cold beans, put in a stew-pan with one onion and three or four whole cloves, cover them with cold water, and boil till soft, then press them through a strainer and return to stove; season with salt and pepper to taste. When about to serve have ready two or three hard-boiled eggs, sliced, and a lemon, sliced thin; add when sending to the table. If one prefers a thinner soup omit lemon and eggs, using hot milk. Serve toast in small squares.

CREAM OF PEA SOUP.

Open a can of peas, turn off the liquor and pour over them enough cold water to cover them. At the end of half an hour drain the peas,

put them into a saucepan with a pint of water and boil until they are reduced to a pulp. Rub through a colander and add a teaspoonful of granulated sugar. Thicken a pint of rich milk with a teaspoonful of flour rubbed into one of butter, and stir the pea puree into this. Cook for a minute, season to taste, and turn into a heated tureen. Have ready a handful of dice of fried bread to throw upon the surface of the soup just before it is sent to the table.

A SIMPLE SOUP.

An excellent soup which costs almost nothing and is both nutritious and palatable, may be prepared thus: Take one cupful of beans or split peas, soak them over night, and in the morning put over to boil in two quarts of water. When half done, pour off the water, and add fresh; cook slowly, adding water from time to time, as the liquid evaporates, to keep it up to the required quantity. Simmer until the beans or peas are tender enough to pass through a sieve easily; add a pint of milk, a tablespoonful of butter, return to the fire and, after boiling up once more, season with pepper and salt, and pour into the tureen upon squares of nicely browned toast.

POT-AU-FEU.

Take four pounds of beef without any bone, tie it into shape, and put into a pot with six quarts of water; when the water is boiling, put in half an ounce of salt; take two carrots, two turnips, one parsnip, one head of celery, and after washing, tie them together with a piece of string and put in the pot after the meat has boiled an hour; then tie together one bay leaf, sprig of parsley, thyme, and marjoram, and add also, one onion, into which stick three cloves; when the vegetables have been in the pot two hours, add one cabbage cut in two; when the contents of the pot have simmered gently for four hours, remove the meat onto a hot dish, and garnish with the carrots, turnip and parsnip, and pour over it a little of the liquor; serve the cabbage in a hot vegetable dish; strain the liquor through a colander, and put aside to cool; do not remove the fat until required for use.

FISH.

“ Master I marvel how the Fishes live in the sea ! ”

“ Why, as men do a-land : The great ones eat up the little ones. ”

There is no reason why every hoeswife cannot get up as good a shore dinner at home as she can buy at the shore.

There is always a goodly supply of fish obtainable in the local market, and only a little care in cooking is necessary to make a meal as enjoyable as any that ever was graced by roast or round.

Here are some hints about the choice of fish foods and their preparation. Choose those that have full and prominent eyes, thick, firm flesh, scales bright and fins stiff, and be careful to clean thoroughly inside and out.

The garnishes for boiled fish are: Parsley, sliced beets, lemon or sliced boiled egg. Do not use the knives, spoons, etc., that are used in cooking fish for other food, or they will be apt to impart a fishy flavor.

Fish to be boiled should be put into cold water and set on the fire to cook very gently, or the outside will break before the inner part is done. Unless the fish are small, they should never be put into warm water; nor should water, either hot or cold, be poured on to the fish, as it is liable to break the skin; if it should be necessary to add a little water while the fish is cooking, it ought to be poured in gently at the side of the vessel.

Fish to be broiled should lie, after they are dressed, for two or three hours with their insides well sprinkled with salt and pepper.

When frying fish the fire must be hot enough to bring the fat to such a degree of heat as to sear the surface and make it impervious to the fat and at the same time seal up the rich juices. As soon as the fish is browned by this sudden application of heat, the pan may be moved to a cooler place on the stove that the process may be finished more slowly.

Fat in which fish has been fried is just as good to use again for the same purpose, but it should be kept by itself and not be put to any other use.

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BAKED SHAD.

Stuff it with bread crumbs, salt, pepper, butter and parsley, and mix this up with the beaten yolk of egg; fill the fish with it and sew it up or fasten a string around it. Pour over it a little water and some butter, and bake as you would a fowl. A shad will require from an hour to an hour and a quarter to bake. Garnish with slices of lemon, watercress, etc.

Boil up the gravy in which the shad was baked, put in a large tablespoonful of catsup, a tablespoonful of brown flour which has been wet with cold water, the juice of a lemon and a glass of sherry. Serve in a sauce-boat.

BAKED SALMON.

Wipe your fish with a damp cloth, but do not lay it in water. Rub with a little salad oil and sprinkle with salt and pepper. Lay in a baking-pan and dash over it a cupful of boiling water in which two tablespoonfuls of butter have been melted. Bake, covered, basting every fifteen minutes. When done transfer to a hot platter and set in the open oven while you thicken the gravy left in the pan with corn starch wet with cold water, and season it with lemon juice and a dash of onion juice. A little tomato catsup is an improvement. Boil up once and pour into a gravy-boat. Send to the table with the salmon, which may be garnished with sprigs of parsley.

BAKED PICKEREL.

Carefully clean and wipe the fish, and lay in a dripping-pan with enough hot water to prevent scorching. A perforated sheet of tin, fitting loosely, or several muffin rings, may be used to keep it off the bottom. Lay it in a circle on its belly, head and tail touching, and tied; bake slowly, basting often with butter and water.

When done, have ready a cup of sweet cream or rich milk to which a few spoons of hot water has been added; stir in two large spoons of melted butter and a little chopped parsley; heat all by setting the cup in boiling water; add the gravy from the dripping-pan and let it boil up once; place the fish in a hot dish, and pour over it the sauce.

Or an egg sauce may be made with drawn butter; stir in the yolk of an egg quickly, and then a teaspoon of chopped parsley. It can be stuffed or not, just as you please.

BAKED BLUE FISH.

If the fish is large, score it down the back; place in a baking-pan; pour over it half a pint of hot salted water, in which you have melted two or three tablespoonfuls of butter. Baste often. When done, remove to a hot platter, put two tablespoonfuls maitre d'hotel butter on it, and set in the oven until the butter is melted. Garnish with slices of lemon, and send to the table at once.

HALIBUT STEAK BAKED WITH TOMATOES.

Make a rich sauce of tomatoes, fresh or canned, seasoning with butter rolled in flour, sugar, pepper, onion juice and salt, adding, if you have it, a sweet green pepper, seeded and minced. Cook fifteen minutes, strain, rubbing through a colander, and cool. Lay the halibut in oil and lemon juice for an hour, place upon the grating of your covered roaster, pour the sauce over it; cover and bake twelve minutes to the pound if the oven be good. Sift Parmesan cheese over the fish, and cook five minutes longer. Serve upon a hot dish, pouring the sauce over it.

BAKED RED SNAPPER.

Draw, clean and wipe a five-pound red snapper and wash inside and out with salad oil and lemon. Make a stuffing as follows: One well-beaten egg, one-half cupful of powdered cracker and one cupful of oysters, drained and chopped. Season with one teaspoonful of onion juice, one tablespoonful of butter, one teaspoonful of salt, one-eighth teaspoonful of paprika and one tablespoonful of minced parsley, and moisten with cream and oyster liquor. It should be quite moist. Fill the fish and sew the edges together with fine white cotton.

Put a layer of minced fat pork on the grating of your covered roaster, lay a few slices of tomato and onion on the pork, then the fish on this. Dredge the top with salt and flour, and put on more minced pork. Place it in a hot oven, add a cupful of boiling water,

and cover. Baste often, and add more water after each basting. Bake about one hour. Remove to a hot dish and serve with sauce Hollandaise.

BAKED WHITE FISH.

Prepare a stuffing of fine bread crumbs, a little salt pork chopped very fine; season with sage, parsley, pepper and salt. Fill the fish with the stuffing, sew it up, sprinkle the outside with salt, pepper and bits of butter; dredge with flour and bake one hour. Baste often. Serve with egg sauce or parsley sauce.

BAKED MACKEREL.—FRESH.

Dress as for broiling; bake in a quick oven, and serve with a sauce made as for broiled salt mackerel. Pour a tablespoonful of vinegar over the fish just as it is put into the oven.

HALIBUT A LA DELMONICA.

One tablespoonful of Parmesan cheese, one tablespoonful of corn starch, one-half cupful of mashed potatoes, two cupfuls of cream or milk, two cupfuls of cooked fish, three tablespoonfuls of butter, yolks of two eggs, salt and pepper to taste.

Beat the potato until light and creamy, with the yolk of one egg. Melt two tablespoonfuls of butter, add the corn starch, stir until smooth. Add the cream, stir until the sauce thickens, take from the fire, add the remaining egg yolk, fish and seasoning. Fill a greased baking dish with alternate layers of potato and fish. Cover the top with bread crumbs mixed with the cheese and the remaining tablespoonful of butter, melted. Cook for twenty minutes in a quick oven.

FISH TURBOT IN SHELLS.

Yolks of two hard-boiled eggs, one cupful of cream or milk, one tablespoonful of chopped parsley, four tablespoonfuls of bread crumbs, two cupfuls of cooked fish, one tablespoonful of butter, two tablespoonfuls of flour, salt and pepper to taste.

Scald the cream. Rub the butter and flour together until smooth, add to the scalded cream, stir until it thickens. Add the bread crumbs and cook on the back part of the stove, or over hot water, for five

minutes, stirring occasionally. Take from the fire, add the fish, parsley and seasoning. Mix gently, that the fish may not become stringy. Fill greased scalloped shells or individual souffle dishes. Brush over the top with the beaten yolk of an egg and brown in a quick oven. This may be baked or browned in a single large turbot dish if desired.

BOILED SALMON.

The middle slice of salmon is the best. Sew up neatly in a mosquito net bag and boil a quarter of an hour to the pound in hot salted water. When done unwrap with care and lay upon a hot dish, taking care not to break it.

Have ready a large cupful of drawn butter, very rich, in which has been stirred a tablespoonful of minced parsley and the juice of a lemon. Pour half upon the salmon and serve the rest in a boat. Garnish with parsley and sliced eggs.

Nice oyster sauce gives zest to cod—
A fish, when fresh, to feast a god.

BOILED FRESH CODFISH.

Lay the fish in salt and water for an hour before cooking. Choose a "chunky" piece, as nearly square as you can get it. Sew up in white mosquito netting fitted to the shape of the fish. Put on in enough boiling water to cover it, adding four tablespoonfuls of vinegar, and cook steadily ten minutes to the pound. Unwrap the fish and pour over it half of the sauce described below, putting the rest into a gravy-boat.

EGG SAUCE FOR BOILED CODFISH.

Make a white sauce by cooking together a tablespoonful, each, of butter and of flour until they bubble, pouring upon them a half pint of milk and stirring until thick and smooth. To this add one hard-boiled egg, chopped fine, one raw egg, beaten light, putting it in slowly, and salt and pepper to taste. Pour over the fish in the dish or serve in a sauce-tureen.

BOILED RED SNAPPER.

Clean, wash, wipe dry and sew up in coarse white mosquito netting. Put it into boiling water deep enough to cover the fish, and

which has been salted and flavored with lemon juice. Let the water come to the boiling point, then reduce the heat so it will merely bubble. Simmer about half an hour. Lift carefully from the water, drain and unwrap; put it into a hot dish. Garnish with parsley and serve with tomato sauce or with sauce Hollandaise.

BOILED MACKEREL.—SALT.

Prepare as for broiling. Put to cook in a generous quantity of boiling water, allow to boil slowly twenty minutes. Remove to hot platter, scatter over a few bits of butter, pour over it a cupful of cream, add a dash of cayenne pepper, put in the oven for five minutes and serve. If preferred, use dressing prepared as for broiled mackerel. Serve whole boiled potatoes or baked ones with mackerel.

BROILED SHAD ROES.

Parboil the roes in salted water as soon as they are taken from the fish. Cook ten minutes and leave in ice water until cold and firm. "Marinate" them in bath of lemon juice and salad oil for one hour. Wipe lightly and broil to a nice brown, turning several times. Pass with lemon sauce.

FRIED SHAD ROES.

Parboil as directed, let them get chilled in ice water, wipe dry, roll in beaten egg and salted cracker crumbs and fry in deep hot cottonseed or other fat heated gradually to the boiling point before the roes go in.

BROILED SHAD.

Split and wash the shad and afterward dry it in a cloth. Season it with salt and pepper. Have ready a bed of clear, bright coals. Grease your gridiron well, and as soon as it is hot lay the shad upon it, the flesh side down; cover with a dripping-pan and broil it for about a quarter of an hour, or more, according to the thickness. Butter it well and send it to the table. Covering it while broiling gives it a more delicious flavor.

BROILED BLUE FISH.

Sew the fish in coarse netting, if you have no fish kettle. Boil very slowly in three pints salted boiling water, into which you have

put a teacup of vinegar or the same quantity of wine, two or three cloves, half a dozen peppercorns, a blade of mace, and a very small onion. Half an hour is usually long enough to boil the fish—it is done when the meat separates easily from the backbone. When done remove the netting, place on a hot platter, put bits of maitre d'hotel butter over the fish, set in the oven for five minutes, garnish with slices of lemon and serve.

BROILED SPANISH MACKEREL.

Split the fish down the back, take out the backbone, wash it in cold water, dry it with a clean dry cloth, sprinkle it lightly with salt and lay it on a buttered gridiron, over a clear fire, with the flesh side downward, until it begins to brown; then turn the other side. Have ready a mixture of two tablespoonfuls of butter melted, a tablespoonful of lemon juice, a teaspoonful of salt, some pepper. Dish up the fish hot from the gridiron on a hot dish, turn over the mixture and serve it while hot.

BROILED MACKEREL.—SALT.

Select a nice, fat mackerel. Remove head and black skin from the inside of the fish; wash carefully, place in cold water, skin side up, and allow to remain over night. When ready to cook, remove from the water, wipe dry, butter the bars of the gridiron, lay the fish on and broil over a clear fire. When you remove the fish from the gridiron, dip quickly into the boiling water, and send to the table, accompanied by the gravy-boat containing a dressing made as follows: Beat together very thoroughly four tablespoonfuls of butter (melted), three teaspoonfuls lemon juice (a few drops at a time), a tablespoonful chopped parsley, and a slight sprinkling of white pepper. The sauce should be hot.

MACKEREL A LA PARIS.

Clean fish of even size till you have sufficient for the dish. Make some very savory force-meat, using plenty of chopped parsley and herbs. Season all with pepper and salt and fill the insides of the fish. Tie up with a string and lay in a baking dish. Season again with pepper and salt, and dot butter all over the fish, also a squeeze of

freshly-cut lemon. Bake in a moderate oven. Serve with some good brown gravy.

HALIBUT STEAK.

Cut the steaks three-quarters of an inch thick, wash and wipe dry, sprinkle with salt and white pepper, and allow to stand an hour before cooking. Beat up two or three eggs, roll some crackers as fine as possible and sift. Dip the steaks into the beaten egg, then into the cracker dust, and fry in hot lard or beef drippings, using enough to float the fish. If preferred, dip the steak in milk and roll in flour before frying.

FLOUNDERS.

Skin the fish and then cut straight down the back, and with the point of a sharp knife carefully push the meat from the bone half way out to the opposite edge; proceed in the same way with the other half; turn the fish over and remove the bone, cut off the fins, wash and wipe dry. Sprinkle the fish with salt, dip in milk, roll in flour, and fry in hot drippings; test the fat with a bit of bread before putting the fish into it—if the bread browns at once, put in the fish. When done and of a beautiful brown, which will be in about ten minutes if the fish is of medium size, remove to a hot platter, garnish with parsley and bits of lemon, and serve at once.

CODFISH STEAK.

Select a medium-sized fresh codfish, cut it in steaks crosswise of the fish, about an inch and a half thick; sprinkle a little salt over them, and let them stand two hours.

Cut into dice a pound of salt fat pork, fry out all the fat from them and remove the crisp bits of pork; put the codfish steaks in a pan of corn meal, dredge them with it, and when the pork fat is smoking hot, fry the steaks in it to a dark brown color on both sides.

Squeeze over them a little lemon juice, add a dash of freshly ground pepper, and serve with hot, old-fashioned, well-buttered Johnny cake.

FRIED EELS.

After cleaning the eels well, cut them in pieces two inches long; wash them and wipe them dry; roll them in wheat flour or rolled

cracker, and fry as directed for other fish, in hot lard or beef dripping, salted. They should be browned all over and thoroughly done.

Eels are sometimes dipped in batter and then fried, or into egg and bread crumbs. Serve with crisped parsley.

STEWED EELS.

Skin and clean; cut into short lengths, lay in cold water for half an hour; then put over the fire in cold water, just enough to cover them, and cook slowly for half an hour, or more, according to their size. A large eel may require an hour to make it tender. Turn off the water, cover the eels with a good white sauce seasoned with paprika, onion juice, salt and minced parsley; simmer five minutes and serve.

FISH CUTLETS.

Two cupfuls of cooked fish meat, chopped fine, one cupful of milk or cream, two tablespoonfuls of butter, one tablespoonful of chopped parsley, yolks of two eggs, two tablespoonfuls of flour, dash of paprika, salt and pepper to taste.

Scald the milk. Rub the butter and flour together until smooth, add to the scalded milk and stir until it thickens. Add the yolks of the eggs beaten light, take from the fire and mix gently with the fish. Season with the salt, pepper and parsley. Onion and celery extract may be used if liked. Cool, form into cutlets, cover with eggs and bread crumbs and fry in smoking-hot fat.

AN AFRICAN DAINTY.

In the line of vegetables N'gutti-N'sengo is a dish which is eaten all over Africa and which consists of egg plant, small fish—somewhat like sardines and known as n'sengo—and the roots of the manioc plant. To this is added small tomatoes, and all is placed in a vessel with water, seasoned with salt and pepper and boiled. For palm chops, palm nuts are boiled in water until the pulpy substances loosen from the pit. Then the shell, which contains a very delicious oil, is placed in a wooden mortar and crushed and thrown into the vessel where the fish, etc., are cooking. Red pepper and salt are used as seasoning, and the mixture is boiled together.

PAN FISH.

Place them in a thick bottom frying-pan with heads all one way. Fill the spaces with smaller fish. When they are fried quite brown and ready to turn, put a dinner plate over them, drain off the fat; then invert the pan, and they will be left unbroken on the plate.

Put the lard back into the pan, and when hot slip back the fish. When the other side is brown, drain, turn on a plate as before, and slip them on a warm platter, to be sent to the table. Leaving the heads on and the fish a crispy brown, in perfect shape, improves the appearance if not the flavor. Garnish with slices of lemon.

BROOK TROUT.

1. If small, fry them with salt pork; if large, boil and serve with drawn butter.
2. Wash, drain and split, roll in flour, season with salt; have some thin slices of salt pork in a pan, and when very hot put in the fish and fry a nice brown.

HADDOCK STEWED WITH CLARET.

Cut the fish in two, season with pepper, salt, a little mace and cloves, and lay it in a pan. Take four or five onions, shred them fine, some sprigs of parsley and thyme. Cover the fish with claret and water, one quart of claret to the pint of water, half a pound of butter and a little flour. When half done turn it. Let it cook on a slow fire. You can experiment with cider, in lieu of the New Jersey wine.

CROQUETTES OF FISH.

Take cold fish of any kind and separate it from the bones and mince fine; add a little seasoning, an egg, a very little milk, and a teaspoonful of flour; brush with egg; roll in bread crumbs, and fry brown in hot lard.

COLD SALMON MOUSSE.

Cook the beaten yolks of two eggs, mixed with half a teaspoonful of salt, a dash of paprika and a grating of onion, in one-third a cup

of cream, diluted with two-thirds a cup of fish stock or boiling water, until the mixture coats the spoon; add one-fourth a package of gelatine softened in one-fourth a cup of cold water, then beat in a half a cup of cooked salmon pounded smooth in a chopping tray. Beat while cooling over ice water, then fold in one cup of cream beaten until increased in bulk threefold and as firm as possible. Turn into a chilled mold. Serve turned from themol d and with lettuce, oil and vinegar.

FRIED SMELTS WITH LEMON SAUCE.

Clean, wash and dry the smelts. Roll in salted and peppered flour, and leave in a cold place for an hour to get firm. Fry in deep cottolene or other fat to a light brown, laying each in a hot colander as you take it from the pan, to drain off the grease. Serve in a hot dish. A pretty way of serving them is to fringe several thicknesses of white tissue paper at both ends, and lay in the bottom of the dish, the fringe showing beyond the heap of fish. Serve with—

LEMON SAUCE.

Heat (not melt) three tablespoonfuls of butter until you can beat it to a cream. Whip into it the strained juice of one large or two small lemons, with a heaping tablespoonful of finely-minced parsley. It should be like a light-green cream when done. Fill with this mixture the halves of lemons, from which all the pulp and inner skin have been scraped, and garnish the dish of smelts with them, serving one of the "cups" with each portion of fish.

SEA CAPTAIN'S CHOWDER.

Fry five or six slices of fat pork crisp in the bottom of the pot you are to make your chowder in; take them out and chop them into small pieces, put them back into the bottom of the pot with their own gravy. (This is much better than having the slices whole.)

Cut four pounds of fresh cod or sea bass into pieces two inches square, and lay enough of these on the pork to cover it.

Follow with a layer of chopped onions, a little parsley; Summer savory and pepper, either black or cayenne. Then a layer of split butter, or whole cream crackers, which have been soaked in warm

water until moistened through, but not ready to break. Above this put a layer of pork, and repeat the order given above—onions, seasoning (not too much), crackers and pork, until your materials are exhausted. Let the topmost layer be buttered crackers well soaked.

Pour in enough cold water to barely cover all. Cover the pot, stew gently for an hour, watching that the water does not sink too low. Should it leave the upper layer exposed, replenish cautiously from the boiling tea-kettle. When the chowder is thoroughly done, take out with a perforated skimmer and put into a tureen.

Thicken the gravy with a tablespoonful of flour and about the same quantity of butter; boil up and pour over the chowder. Serve sliced lemon, pickles and stewed tomatoes with it, that the guests may add if they like.

CREAMED FINNAN HADDIE.—COTTAGE STYLE.

(To serve six.)

One-half a can of cream, three-quarters of a cup of cold water, three level tablespoonfuls of butter, three level tablespoonfuls of flour, one-fourth of a teaspoonful of pepper, salt if needed, one finnan haddie, six potatoes, one-fourth of a cup of cream, one-fourth of a cup of water, two hard-cooked eggs (at discretion).

Select a thick-fleshed fish. Cover with cold water and let stand on the back of the range from half to a whole hour; at the last allow the water to come to the simmering point. Drain the fish and separate into flakes, discarding skin and bones. For each generous cup of fish, make a cup of cream sauce. Melt the butter, add the flour and, when bubbling, stir in the cream diluted with water; when the sauce boils, add the prepared fish and turn the whole into a baking dish. Cover with the potatoes cooked, mashed, enriched with the cream and seasoned. Put the last of the potato in place, brown in the oven and decorate with the hard-cooked eggs cut in slices.

CODFISH BALLS.

Two tablespoonfuls of cream, one egg, one cupful of salt fish, one tablespoonful of melted butter, two cupfuls of potatoes, pepper to taste.

Wash and pick over the fish, shredding it into small pieces. Peel the potatoes and cut in quarters. Put the fish and potatoes together

in a saucepan, cover with boiling water, and cook twenty-five minutes, or until the potatoes are tender. Watch them that they may not cook until soggy. Drain thoroughly, mash and beat with a fork until light. Add the butter, mix, and cool slightly. Add the eggs, beaten without separating, and the cream, unless the mixture be too soft, adding gradually, as the entire quantity given may not be required. Make into balls, cover with egg and bread crumbs, and fry in smoking hot fat. If handled and fried carefully, these may be cooked if desired without the egg and bread crumb covering.

OYSTERS.

FRIED OYSTERS.

Choose large oysters for frying. Drain them on a cloth. First roll them in cracker dust, then dip in beaten egg, roll again in cracker dust and fry to a nice brown in hot butter, seasoned with pepper and salt. Three eggs will be required for a quart of oysters, butter may be added to the pan as needed, but none should be left when through frying. Send to the table hot, garnished with water-cress, curled-cress or parsley.

STEAMED OYSTERS.

Select large oysters, drain, place on a plate in a steamer, over a kettle of boiling water. About twenty minutes will be required to cook them. Season with pepper and salt. Serve hot, on soft buttered toast.

ROAST OYSTERS.

Wash clean, and wipe dry, any number of shell oysters; remove half the shell, leaving the oyster in the other half, sprinkle with white pepper and salt, arrange on sheet-iron pan and bake in a hot oven. Send to the table as soon as done (in the shell), accompanied by dressing made as follows: Chop fine a small bunch of parsley, and beat in two tablespoonfuls of melted butter; add, if you like, a squeeze of lemon juice.

Oysters may be roasted on the coals or on the top of a hot stove; as soon as the shells open they are done; serve immediately.

Clams may be roasted in the same way, but are apt to be a little tough. Serve baked sweet potatoes with roast clams and oysters.

OYSTER TOAST.

Select fifteen plump oysters; mince and season with minced parsley, and a pinch of nutmeg; beat the yolks of four eggs and mix with half a pint of milk or cream. Put the whole into a saucepan, and

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set it over the fire to simmer until thick; stir constantly and remove from the fire just before it boils, to prevent curdling. Have ready some pieces of hot toast, nicely buttered; pour over and serve.

BROILED OYSTERS.

Drain the desired number of oysters on a napkin for half an hour. Rub the wires of your broiler with a piece of suet, or a little melted butter, arrange the oysters on a broiler and broil over a clear, bright fire, turning the broiler often, to prevent the juices from escaping. Have ready some nicely buttered toast, heap the oysters on it, sprinkle lightly with pepper and salt and send to the table accompanied by a small dish of melted butter.

PANNED OYSTERS.

Choose large fresh oysters, just from the shell if possible. Split and toast Boston crackers, or pieces of stale bread, cut round to fit the bottom of "patty-pans." Put the liquor from the oysters in a stew-pan on the stove, boil and skim, season with pepper and salt, and butter. Put the crackers or toasted bread into the "patty-pans," moisten with the hot liquor, fill the pans with oysters, putting on each oyster as it is placed in the pan a bit of butter, a little salt and pepper, and if you choose a drop of lemon juice. Bake fifteen minutes in a very hot oven; set the "patty-pans" on a platter, and send to the table at once.

OYSTERS BAKED.

Cut some very *thin* slices of fat pork into pieces about the size of your oysters; lay them on the bottom of a sheet-iron dripping-pan; on each piece of the pork lay an oyster, previously drained; dust with white pepper, cover with a bit of the thin pork, and bake in a hot oven until the pork is crisp and of a light brown color; the oysters will then be sufficiently well done. Remove to a hot dish and serve at once. Pass sliced lemons with oysters cooked in this way. The pork is not usually served with the oysters.

OYSTER PATTIES.

Bread two dozen oysters, cut each one into three or four pieces and scald them in their own liquor. Put two ounces of butter in a

saucepan, dredge in sufficient flour to take up the butter, strain the oyster-liquor and put into the saucepan with the butter and flour; add a blade of pounded mace, a little lemon juice, cayenne and salt to taste; let boil up, put in the oysters and three tablespoonfuls of cream; allow to heat but do not boil. Line patty-pans with puff-paste, and put into each a small piece of bread; cover with paste, brush over with egg, and bake a light brown. When done, remove the lids of the patty cases, take out the bread, fill with the mixture, replace the covers, set in the oven for a moment and serve.

OYSTER PIE.

Line a deep pie-plate with puff-paste, fill the interior with bread crusts (to be removed later) and fit on a top crust, buttered about the edge on the under side that it may be easily taken off. Stew a quart of oysters for five minutes; stir in very slowly a cupful of thick white sauce and the beaten yolks of two eggs. When the paste is done take off the top, remove the bread crusts, fill the centre with the creamed oysters, replace the top crust and set the pie in the oven for five minutes before sending to the table.

CLAM STEW.

Open fifty clams, saving the liquor, cut each clam into four or five pieces. Put the liquor on the stove in a saucepan, let come to a boil, and skim; now rub a tablespoonful of flour smooth in three ounces of butter, stir gradually into the clam liquor, to prevent lumps; boil two minutes, add half a pint of hot milk or cream, and half a teacupful of crushed crackers; serve at once.

SCALLOPED CLAMS.

Select one dozen large clams in the shell and two dozen soft ones. Use care not to injure the shells which are to be used in cooking. Clean the shells well and put two soft clams into each one. Add to each a touch of white pepper and one and a half teaspoonfuls of minced celery. Cut into small dice a few slices of bacon and add four of these to each shell; sprinkle bread crumbs over the top, put a piece of butter on top of each and bake in the oven till brown.

ROAST CLAMS.

Wash the clams and lay them unopened in a bake-pan, and set on the top of the very hot range. Cook until the shells open wide, then remove the upper shell and transfer the lower—with the clam and juice still in it—to a hot platter. Squeeze upon each clam a few drops of lemon juice and serve in the shells. Pass tomato catsup or chilli sauce with them.

CLAM CHOWDER.

Chop a quart of clams, peel six potatoes and slice thin; mince a quarter of a pound of fat salt pork fine; tie up in a cheese-cloth bag six whole allspice and the same number of whole cloves. Put the minced pork into the pot and fry it crisp; remove the pork and fry a small sliced onion in the pot to a light brown. Now put in the potatoes and a can of tomatoes, the spice bag, a quart of cold water and a pinch of cayenne pepper. Cook for four hours. At the end of three and a half hours add the clams and four pilot biscuits that have been soaked in milk. Serve very hot.

DEVEILED CLAMS.

Slice an onion and fry it to a light brown in a large spoonful of butter. Strain out the onion and put the hot butter back upon the fire. Chop two large (peeled) tomatoes fine, season with salt, half a teaspoonful of sugar, a good dash of paprika and the same of nutmeg. Stir into the hissing butter; stir for three minutes, and add a teaspoonful of butter rolled in half as much flour. Have ready the clams, drained and chopped fine, and mix them with the butter and tomatoes. Fill buttered scallop-shells, or clam-shells, or a buttered pudding-dish with the mixture; sift fine-crushed cracker over all, dropping tiny dabs of butter on top, and cook until delicately browned.

FRIED CLAMS.

Drain the clams and dry them by laying them on a soft napkin. Season with a dust of paprika. Beat two eggs light in a soup-plate and have ready in another deep plate an abundance of cracker crumbs. Dip each clam in the egg, and then in the crumbs, until thoroughly coated. Lay side by side on a large platter and set in a cold place for

an hour. Fry in deep, boiling cottolene or other fat to a golden brown, drain in a colander, then transfer to a hot platter. Garnish with slices of lemon and sprigs of parsley.

STEWED TERRAPIN.

(A Maryland recipe.)

Drop the "diamond-backs" into boiling water and cook until the heads and feet "skin off." This should be in less than an hour. Let them get perfectly cold. Strip off the shells and extract the heart and entrails carefully, lest an incautious touch rupture the gall-bag and ruin everything. Cut off the head, tail and feet. Cut the meat up small with a sharp knife, put into a saucepan, cover with hot water and simmer fifteen minutes. Rub the yolks of half a dozen hard-boiled eggs to a powder and work in three tablespoonfuls of butter. Heat a cupful of cream in another vessel (with a pinch of soda) and work by degrees into the egg and butter, season with salt and cayenne and mix gradually with the hot terrapin. Cook one minute, add a glass of sherry, and pour out.

TERRAPIN IN SHELLS.

Boil, and remove the worthless portions from the meat, as directed for stewing terrapin. The shell should be removed carefully; scrape clean, scald and wipe them dry, so that they will be ready to use. Then put all of the meat cut fine into a saucepan with butter, pepper, salt, cayenne, a few bread crumbs, wet with a little Madeira or sherry, and the yolks of two hard-boiled eggs, rubbed smooth; mix together and only just boil up, then fill the shells, set into the oven to brown over. Serve hot.

FRIED FROGS.

Wash and put the legs into a spider, with water enough to cover them, add a little salt. Allow the water to boil away (being careful not to scorch the meat), then add butter and pepper, fry to a delicate brown. Be sure that they are quite tender when done. Serve hot, garnished with slices of lemon or cress.

WELSH RAREBIT.

Half a pound of soft grated cheese; one gill of ale; two eggs, one tablespoonful of butter; one teaspoonful of lemon juice and the same of Worcestershire sauce and half a spoonful of celery salt. A pinch of cayenne and one of mustard.

Put a broad saucepan over the fire and melt the butter. When it hisses stir in the cheese, then, still stirring, the dry seasoning. Have ready the eggs beaten separately and very light, before you stir them together in a bowl with a few swift strokes. Add three spoonfuls of the hot mixture to these, rapidly, then pour the eggs (now warmed by the hot cheese) into the saucepan, never letting the spoon rest. In one minute more add the sauce and lemon juice and put upon rounds of hot, buttered toast.

SUBSTANTIAL "DREAMS."

Dreams are a more substantial dish than their name indicates. Spread butter on slices of bread from which the crust has been cut, and put on a layer of American or Swiss cheese. Cover with another layer of bread, cut in two and saute in butter in the frying-pan until both sides are a golden brown. The American cheese will melt. The Swiss cheese just soften deliciously and some persons always use it for the purpose. Dreams are a favorite chafing-dish product.

BROILED LIVE LOBSTER.

Select three medium-sized, good, live lobsters, split them in halves, and take out the stony pouch and intestines; glaze them slightly with sweet oil, and season them with half a pinch of salt and half a pinch of pepper, and then broil them for seven minutes on each side. Place them on a dish, moisten with a gill of good maitre d'hotel, then serve.

LOBSTER A L'AMERICAINE.

Split two fine, good-sized, freshly boiled lobsters, remove all the meat carefully, then cut it up into pieces one inch in length. Have a pan on the hot range with half a gill of good olive oil, and when the oil is very hot add the pieces of lobster. Chop very fine one medium-sized, peeled onion, one fine, sound green pepper, and half a clove of

peeled, very sound garlic; add all to the lobster, and let cook for five minutes, gently mixing meanwhile. Season with a pinch of salt and half a saltspoonful of red pepper, adding also half a wineglassful of good white wine. Reduce for two minutes, then add one gill of tomato sauce and one medium-sized, sound, red, peeled tomato, cut into small, dice-shaped pieces. Cook for ten minutes longer, gently shuffling meanwhile. Pour the whole into a very hot, deep dish, or in a hot tureen, and serve.

LOBSTER SCALLOPED IN SHELLS.

Two cupfuls of lobster meat, cut into small dice. One cupful of white stock, and the same of unskimmed milk. Two tablespoonfuls of butter made into a white roux with one tablespoonful of flour. Salt and paprika to taste. Minced parsley and juice of half a lemon. Beaten yolks of two eggs. Halves of two lobster shells, cleaned. Pinch of soda in milk.

Stir the hot stock and the scalded milk into the roux, season, boil once; remove from the fire, add the eggs and lobster dice and fill the shells. Cover with fine crumbs, rounded, dot with butter, sprinkle with cayenne and bake to a delicate brown.

CREUSTADE OF LOBSTER.

Cut off the top from a loaf of stale bread, scoop out all of the interior, leaving a half wall, spread a coating of butter on the inside and bake until crisp; place a layer of cooked lobster meat over the bottom, then a layer of boiled thinly-sliced tomatoes, adding a white sauce, highly seasoned, between each layer; put fine bread crumbs on top, dot with butter and bake fifteen minutes in a hot oven; garnish with halved stuffed olives, lobster, clams and parsley.

STEWED LOBSTER.

Put three tablespoonfuls of butter into a saucepan on the stove; when melted, stir into it very gradually three tablespoonfuls of flour; when perfectly smooth, add a pint and a half of good stock, stirring all the time. Season to taste with mace, salt, white pepper and cayenne. Cut three pounds of lobster meat into small pieces, add it to the prepared gravy; simmer five minutes and serve.

LOBSTER A LA NEWBURG.

Pick all the meat from the shells of two good-sized freshly-boiled lobsters and cut into one-inch pieces, which place in a saucepan over a hot range, together with two tablespoonfuls of butter, and season with a pinch of salt and one of cayenne. Cook five minutes, pour in a glass of sherry; simmer five minutes, add the beaten yolks of three eggs and a cupful of cream, stirring all the time. When it thickens, pour out and serve.

Do not omit to put a pinch of soda in the cream.

LOBSTER CUTLETS.

Mince the flesh of lobsters fine; season with salt, pepper and spice; melt a piece of butter in a saucepan; mix with it one tablespoonful of flour; add lobster, finely chopped parsley; mix with it some good stock; remove from the fire, and stir into it the yolks of two eggs; spread-out the mixture, and when cold, cut into cutlets; dip carefully into beaten eggs, then into fine baked bread crumbs; let them stand an hour, and repeat and fry a rich brown. Serve with fried parsley.

LOBSTER RISsoles.

Boil the lobster, take out the meat, mince it fine, pound the coral smooth, and grate for one lobster the yolks of three hard-boiled eggs; season with cayenne and a little salt; make a batter of milk, flour, and well-beaten egg—two tablespoonfuls of milk and one of flour to each egg; beat the batter well; mix the lobster with it gradually until stiff enough to roll into balls, the size of a walnut; fry in fresh butter or best salad oil, and serve.

LOBSTER PATTIES.

Put two ounces of butter into a saucepan on the stove; when melted stir into it sufficient flour to thicken it, add a small teacupful of stock or the same quantity of hot water, a little lemon juice, salt and cayenne to taste; let simmer a moment and then add the meat of a lobster finely minced. When thoroughly heated fill patty-cases, set in the oven a moment, and serve. Be careful not to put too much flour in your patties, the gravy should just mask a spoon slightly.

DEVILLED LOBSTER.

One pint lobster meat, four tablespoons butter, one teaspoon curry powder, one teaspoon prepared mustard, one-half teaspoonful of Worcestershire sauce. Put into a hot pan three tablespoons butter, mix a paste of one tablespoon curry powder, Worcestershire sauce, mustard and a little salt. Put this in the butter, and when it bubbles add the lobster. Cook two minutes.

SOFT SHELL CRABS.

Wash thoroughly (it is better to use a brush), and let dry, sprinkle with cayenne and salt, roll in beaten egg, then in fine crumbs, again in egg, and once more in crumbs and fry in deep, hot fat.

Garnish with water-cress, and pass sliced lemon with them.

BROILED SOFT-SHELLED CRABS.

Have six, good-sized, fresh, soft-shelled crabs, cleanse and wash them well, then drain, then oil them slightly, and season with a pinch of salt and half a pinch of pepper. Put them on the broiler, and broil for five minutes on each side. Have six pieces of toast ready, lay a crab on top of each, slightly glaze them with a little maitre d'hotel butter, and serve. This makes a delicious dish, but must be served very hot.

CRABS IN THE SHELL.

Boil the crabs until done, which will be when they assume a bright red color. Remove the meat from the shells and cut in small pieces; clean the shells. To six ounces of the meat, mix one ounce of bread crumbs, two hard-boiled eggs, chopped, one tablespoonful of lemon juice, cayenne pepper and salt to taste. Stir all together, add enough cream or cream sauce to make very moist. Put the mixture into the shells, smooth, and dust with sifted cracker dust, and bake in a quick oven until a light golden brown.

HOT CRAB.

Pick the crab; cut the solid part into small pieces, and mix the inside with a little rich gravy or cream, seasoning, and bread crumbs; put all into the shell of the crab, and put it into the oven. Bake

for five minutes on each side. Have six pieces of toast ready, lay a crab on top of each, slightly glaze them with a little maitre d'hotel butter, and serve. This makes a delicious dish, but must be served very hot.

PICKLED CRAB MEAT.

Scald some good cider vinegar, adding a bag containing whole cloves, celery seed, a clove of garlic, and a little mustard seed; coriander seed may be added if desired; let the bag remain in the vinegar while it scalds, and pour while hot over crab meat that has been picked from the shells and cut into pieces of as uniform size as possible; turn into a jar and keep sealed until used.

BUTTERED SHRIMPS.

Heat two tablespoonfuls of butter in a saucepan; add a teaspoonful of flour, and, when bubbling hot, a tablespoonful of tomato sauce, paprika and salt to taste, and a teaspoonful of onion juice. Boil one minute and add a can of shrimps, washed and drained. Stir the mixture four minutes over a brisk fire and serve.

Pass thin slices of buttered brown bread with them.

MEATS.

"There's no want of meats, sir;
Portly and curious viands are prepared
To please all kinds of appetites."

It is always wisdom from every point of view to buy only the best meat, and usually the best cuts will be found the most economical, as requiring less waste.

To prepare meat for the oven, wash in a pan of cold water, and wipe dry with a clean towel, or wipe the meat first with a wet towel and then a dry one. The tenderloin and sirloin are the most desirable roasts, and there are degrees of excellence even in these. The rib roast is the most economical for a small family, and the sixth, seventh and eighth ribs being considered the best; have your butcher remove the bones, which should be sent home with the meat, as they furnish a valuable contribution to the soup-kettle. Have the oven hot when the meat is put into it, allow twelve minutes to the pound if the roast is a small one, and fifteen if a large one; put a teacupful of hot water into the baking-pan and baste often until the meat is nearly done, but do not salt or pepper it, as the salt will cause the juices to flow, which should be retained in the meat, and the flavor of pepper is much injured by scorching; put these condiments into the gravy and use white pepper instead of black, its flavor is much more agreeable; turn the meat when one side is brown, that the other may be brown. Veal and lamb require very thorough cooking, therefore your oven will not need to be quite as hot as for beef or pork; baste often as for beef until nearly done, then allow to brown. Boil all fresh meats and all kinds of fish very slowly; corned meats, such as ham and beef, should not be allowed to more than simmer, and if they are to be served cold, they should be allowed to cook in the liquor in which they were boiled. The sauces for boiled meats should be a little more piquant than those to be served with baked or roasted meats. Broiling is easily accomplished, if you have plenty of bright live coals, have the gridiron well heated and rub with a piece of suet before putting on the meat; turn often if it is steak or chops.

Vinegar and lemon juice are invaluable aids in the business of "tendering" tough meats. Beefsteak, covered for some hours with

vinegar or lemon juice, and olive oil, is made eatable by the action of the acid upon the fibers which are further "supplied" by the oil.

ROAST BEEF.

Wipe the meat first with a wet towel (never wash a roast) and then with a dry one; put it into the dripping-pan, add a cup of hot water, and put immediately into a hot oven, and roast twelve minutes for every pound, if the roast is a small one; allow ten minutes to the pound for a large roast. Turn the meat that it may be brown on all sides. When done remove to a hot platter.

Never serve "made gravy" with roast beef. Pour the liquid from the pan into a bowl, and when the fat is solid, remove it and clarify for dripping. The residuum will add richness to your soup-stock, or make a savory base for stew or hash.

Serve horseradish sauce and mustard with your rare roast, and put a little of the ruddy juice which exudes as the meat is carved, upon each slice when served.

ROAST BEEF WITH YORKSHIRE PUDDING.

Fifteen minutes before taking up the roast just described, skim six tablespoonfuls of fat from the gravy, put into a smaller dripping-pan, or pudding-dish, and set in the oven. Have ready this batter:

Sift an even teaspoonful of salt and one of baking-powder twice with a pint of flour. Beat two eggs light, add to them two cupfuls of milk, turn in the sifted flour and mix quickly. Set the reserved fat upon the upper grating of the oven; when it begins to bubble, turn in the batter, and cook quickly to a fine, golden-brown. Cut into squares and garnish the meat with them when you dish it.

This is a better way than cooking the pudding in the roaster under the meat, as used to be the custom with English cooks.

ROLLED BOILED BEEF.

Cut an oblong piece of beef from the flank. It should be two inches thick, twelve inches long and six wide. Lay it on a dish and spread upon it this force-meat:

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A cupful of cracker crumbs, two tablespoonfuls of finely-chopped salt pork, half a teaspoonful of salt, one saltspoonful, each, of thyme, marjoram, and sage, half a saltspoonful of pepper, a few drops of onion juice, or one teaspoonful of chopped onion, and one egg. Moisten with a good stock until soft enough to spread over the meat.

Roll as you would a valise pudding, tie about with pack-thread and sew up in mosquito netting or cheese-cloth. Put on in plenty of boiling water and cook slowly for four hours. Let it lie in the water until the latter is a little more than lukewarm, and put under a heavy weight until next day. Remove the cloth, cut the strings and serve cold with horseradish sauce.

Corned beef is very good prepared in this way. Add vinegar to the water in which it is boiled and omit the pork.

BEEF A LA MODE.

Cut two pounds of lean beef from the round into strips. Cover the bottom of a pudding-dish with thin strips of bacon, then put in half the meat and strew over this carrots, turnips and onions, sliced very thin. There should be four of these, part of them going over the first layer of beef, the remainder over the second layer of beef. With them go two bay-leaves broken into bits. Cover all with stock, make a paste of flour and water, rolling it out as for pie-crust, cover the top of the bake-dish with this, pinching it down about the edges so that no steam may escape. Bake for two hours in a steady oven, remove the paste cover, and send the dish at once to the table.

HAMBURG STEAKS.

One pound of steak from the round, one teaspoonful of salt, two or three drops of onion extract, one-half tablespoonful of pepper, one tablespoonful of chopped parsley. A very little thyme or sweet marjoram may be added if desired.

Chop the meat fine, mix well with the seasonings. Form into small steaks with the hand. Melt a tablespoonful of butter in the frying-pan. When heated put in the steaks; let them cook slowly until done half-way through; turn over and cook the other side. Serve with a brown or mushroom sauce.

BEEF BRESLAU.

Mix together one pint of chopped cooked beef, a half cupful of stock, three tablespoonfuls of melted butter, a half cupful of stale bread crumbs, one cupful of milk, three beaten egg yolks, one tablespoonful of chopped parsley, salt and pepper. Press the mixture into greased cups, stand in a pan partly filled with boiling water and bake half an hour in a hot oven. Serve with tomato sauce.

A NEW ENGLAND POT-ROAST.

Lay a round of beef in a broad, deep pot. Pour in a cupful of boiling water, add two slices of onion, cover closely and cook gently ten minutes to the pound. Transfer to a dripping-pan, rub with butter, dredge with flour, and brown in a quick oven. Strain and cool the gravy left in the pot, take off the fat, put the gravy into a saucepan, season with pepper, salt and a little kitchen bouquet, and thicken with a heaping tablespoonful of brown roux. Boil up once and serve in a gravy-boat, or pour around the base of the beef.

SAVORY RAGOUT OF BEEF.

Cut a round beefsteak into inch squares. Fry minced salt pork in a pan until you have enough fat to fry the meat, then remove the bits of pork and lay in the meat, each piece of which must first be rolled in flour. When the meat is brown at the edges, add to the fat two tablespoonfuls of flour that has been lightly browned, stir in a pint of weak stock, or, if you have not that, of boiling water; stir to a brown sauce, and return the meat to it, throwing in, at the same time, a minced onion. Leave the meat at the side of the range where it will cook very slowly for three-quarters of an hour. Now season to taste with salt, add a bay leaf and a little kitchen bouquet. A little Worcestershire sauce is thought by some to be an improvement. Cover again and cook, still slowly, for over an hour, or until the meat is very tender. Stir in two tablespoonfuls of vinegar, and turn out upon a heated platter.

BEEF HOT POT.

Two pounds of beef ribs; one tablespoonful of dripping; two chopped onions and six tiny green peppers, four slices of toast, a little

black pepper, chives, vinegar, thyme, raisins, olives, tomatoes to taste, all minced.

Heat the dripping in a saucepan, put into it the ingredients (leave the peppers whole, and mince the chives), cover closely and stew until boiled to rags. Thicken with butter rolled in browned flour. Serve on toast.

BEEF'S HEART.

This very cheap dish is remarkably nice if properly cooked and is not so much despised abroad as in our own country. Select a fine, large heart, wash clean, cut off the lobes and gristle and soak five or six hours in vinegar and water. Make a force-meat of chopped pork, bread crumbs, parsley, thyme, or whatever seasoning you prefer, fill the heart with the force-meat, sew a piece of netting around it, and simmer very slowly, large end up, three hours, or until tender; then remove from the kettle, take off the cloth, place in a dripping-pan, and roast in a hot oven, until a nice brown. A weak stock is very nice to boil the heart in, but in the absence of stock use water, putting enough in the kettle to barely cover the heart. Use the broth in which the heart was cooked for gravy, thicken with browned flour. Serve horseradish sauce with beef's heart. A nice way of warming this dish is to slice the heart very thin; while you are doing this, let the gravy, made by thickening the liquor in which the heart was boiled, be put in a saucepan on the stove, add half a glass of sherry or a tablespoonful of lemon juice or vinegar, let simmer a few minutes, draw to the back of the range, add the sliced heart, let stand long enough to get very hot and serve. Veal force-meat may be used in the place of the pork if preferred.

BOILED CORNED BEEF.

Soak for an hour in cold water. Put over the fire in plenty of cold water. Put into the pot with it a peeled carrot and a small onion, and for a gallon of water a tablespoonful of vinegar. Cook slowly, allowing twenty-five minutes to the pound if very salt, or if the meat has lain in the brine for some weeks. Let it lie in the liquor for half an hour after it is done. Lift it then, trim away ragged edges, lay on a hot dish and wash all over with butter in which has been beaten the juice of half a lemon.

Strain a cupful of the liquor; stir into it a tablespoonful of butter rolled in one of flour, boil two minutes and add a great spoonful of minced pickles, or of capers. Some like to use pickled onions for this purpose.

Send around horseradish and mustard with it.

When it leaves the table put a plate with a heavy weight upon it, and leave thus all night.

BOILED BEEF'S TONGUE.

Wash well and cook in salted, boiling water until a steel skewer goes easily into the thickest part. Leave in the water for fifteen minutes, trim, and lay on a hot dish. Pour sauce tartare over it and send more around with it.

Broil lightly your beefsteak—to fry it
Argues contempt of Christian diet.

BROILED BEEFSTEAK.

Have choice steaks, porterhouse or tenderloin, cut three-fourths of an inch thick, rub the bars of the broiler with a piece of beef suet, lay the meat on and broil over a clear, bright fire, from twelve to fifteen minutes, turn as soon as it browns, and often enough to prevent the juices escaping. When done, remove to a hot platter, sprinkle lightly with salt and white pepper, put some generous bits of butter on it and set in the oven until the butter is melted. Serve at once. Maitre d'hotel butter is an excellent dressing for beefsteak; put two tablespoonfuls on two pounds of beefsteak when it comes from the broiler and set in the oven until the dressing is melted. Powdered mushrooms are also a nice dressing for steak; sprinkle over as soon as the meat is put on the platter, add the butter, pepper and salt, and set in the oven for a moment.

BROILED BEEFSTEAK WITH ONIONS.

Peel and wash four medium-sized onions; slice and put in a spider with water enough to cover, and boil until tender; pour off the water, add a little butter and fry until a nice brown, then draw the spider to the side of the stove to keep hot. Broil the large and tender steak, remove the bone and scatter over it bits of butter, salt and pepper, and cover with the onions.

PORTERHOUSE STEAK WITH OYSTERS.

Broil a fine tender steak on both sides and transfer it to a hot dish. Pepper and salt well, then rub into the steak a mixture of butter rubbed to a cream with the juice of half a lemon.

Put one pint of oysters into a saucepan without any of the liquor. Stir until the edges ruffle, add one tablespoonful of butter creamed with an equal amount of flour and cooked to a roux. Pour over the hot steak and serve at once.

BEEF STEAK AND FRIED POTATOES.

Put four ounces of butter into a frying or saute pan, set over the fire and let it get very hot; peel eight good-sized potatoes and cut them into long, thin slices; put them into the hot butter and fry them till of a nice brown color. Now broil the steaks over a clear, bright fire, turning them frequently, that every part may be equally done; as they should not be thick, five minutes will broil them. Put some bits of maitre d'hotel butter over the steak, set it into the oven for a moment; put fried potatoes around the edge of the dish and serve at once. If you would have this dish in perfection, a portion of the fillet of sirloin should be used.

CHILLI CON CARNI.

(A Mexican dish.)

Beefsteak (round), one tablespoonful of hot dripping, two large red peppers (dry), two tablespoonfuls of rice, one-half pint of boiling water, salt, onions, flour.

Cut steaks into small pieces. Put into a frying-pan with hot dripping, hot water and rice. Cover closely, and cook steadily until tender. Remove seeds and part of rind from red peppers. Cover with the chilli water, add garlic and thyme. Simmer until cold, then squeeze them in the hand until the water is thick and red. If not thick enough, add a little flour. Season with salt and a little onion if desired. Heat and pour sauce on the meat. Serve very hot.

BEEKSTEAK PIE.

Cut two pounds of round steak into small squares. Cover (barely) with cold water and cook tender, very slowly. Cut two

veal kidneys into cubes (if you can get it) a sweetbread, blanched by throwing it into cold water, after parboiling it. Drain the liquor from the beef, and let both get almost cold. Make a good gravy by thickening this liquor with a tablespoonful of butter rolled in browned flour, seasoning well with kitchen bouquet, onion juice, salt and pepper. Let it simmer two minutes. Arrange the beef, kidneys and sweetbread in neat layers in the dish, interspersing these with a dozen small oysters. Pour in the gravy, cover with a good crust, half an inch thick, and cook, covered, one hour; then brown.

BEEF AND RICE.

Half pound raw beef and one-third cup of rice mixed; add half a teaspoon of pepper and one teaspoon of salt; cook a cabbage in boiling salted water five minutes so the leaves will be pliable and still remove from the head in perfect condition; now form the croquettes of the beef and rice and wrap each in a cabbage leaf; arrange them in a baking dish and pour over them tomatoes enough to cover all; serve arranged in a dish with the tomatoes poured around them. If the tomatoes become too thick in cooking dilute with stock or water.

CROQUETTES OF ODDS AND ENDS.

Remove skin and gristle from any cooked meat, using several kinds if on hand. Cold mashed potato, rice or other starchy vegetables may be used if handy, but not more than one-third of the whole quantity. To each pint of food add two-thirds of a cupful of thick brown sauce (using two tablespoonfuls of flour to the cup of liquid). Add seasonings to suit and set away until cold. Form in small croquettes. Dip each in beaten egg, roll in fine dry crumbs. Fry in sufficient smoking-hot fat to immerse the croquettes. When brown drain an instant on soft paper.

NEW YORK HASH.

To every cupful of chopped cooked meat take two cupfuls of chopped potatoes, two tablespoonfuls of butter, half cupful of boiling water or stock, seasoning to taste.

For this, beef is most generally taken, although corned beef, chicken, turkey, veal or even mutton may be used. The cold meat

should be chopped rather fine, and the potatoes not chopped until cold. Season the meat and potatoes, put the water and butter over the fire, and when the water boils again add the meat and potatoes. Nothing is better to cook hash in than an old-fashioned iron saucepan or spider. The difficulty of making good hash lies in the cooking, for it must be stirred, yet not too much, or it will be pasty; the water should boil away, yet the hash must not be dry, nor yet watery. Let it cook, stirring occasionally, until there is a coating on the bottom of the pan from which the hash can be freed without sticking. Serve at once.

CORNED BEEF HASH

may be made in the same way, or using equal proportions of chopped meat and potatoes. Many prefer a slight flavoring of onion, when it is advisable to use a few drops of onion juice or extract rather than the chopped onion itself.

BAKED HASH.

Two cupfuls of meat, two cupfuls of potatoes, one tablespoonful of butter, two cupfuls of stock, seasoning to taste.

Melt the butter in the frying-pan; add the stock and, when heated, the meat and potato well mixed. Season to taste and stir occasionally until well heated. Turn into a greased baking dish and bake thirty minutes in a moderately quick oven.

MEAT CAKES.

Two cupfuls of chopped cooked meat, three tablespoonfuls of cracker crumbs, two eggs, two tablespoonfuls of butter, one small onion, salt and pepper to taste.

Chop the onion very fine. Beat the eggs light without separating. Melt the butter, add to the cracker crumbs, mix with the eggs, meat and seasoning. Make into flat cakes and saute in butter or dripping.

MEAT SAUSAGES.

A pinch of thyme or sweet marjoram, three drops of lemon juice, two level teaspoonfuls of pepper, one-fourth cupful of pork, two cupfuls of meat, yolks of two eggs.

Use cooked meat and chop very fine. The pork should be measured after chopping and should be less rather than more than the

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amount given. Mix the dry seasonings with the meat and pork, and add the yolks of the eggs beaten light. When thoroughly mixed, form into small, flat sausage cakes and saute in a frying-pan.

CORNERED BEEF CROQUETTES.

Two cupfuls of finely-chopped cold cornered beef, one tablespoonful of chopped parsley, two cupfuls of mashed potato, one-fourth cupful of cream, one egg, two tablespoonfuls of butter, salt and pepper to taste.

Melt the butter in a saucepan, add the potato and the cream, and stir until it is well mixed and heated. Add the meat, and the salt and pepper. Take from the stove, add the chopped parsley, and the egg beaten light without separating. Mix well, but gently, and put away to cool. Form into croquettes, cover with egg and bread crumbs, and fry in deep, smoking-hot fat. These croquettes should be served with sauce.

BEEF SPANISH.

Two cups finely chopped cooked meat, two tablespoonfuls of butter, two tablespoonfuls of flour, one small onion, one cupful of stock, one cupful of tomatoes, salt and pepper to taste.

Melt and brown the butter, add the onion, sliced, and cook until delicately browned. Add the flour and brown, stirring all the while, then add the meat. Add the stock and tomatoes and cook until thoroughly heated. Season and serve on a hot dish garnished with timbales of rice.

CANNELON OF BEEF.

One pound of lean beef from the round, two drops of celery extract, one egg, one teaspoonful of salt, one tablespoonful of butter, one teaspoonful of mixed spices, one-fourth teaspoonful of pepper.

Chop the beef fine. Melt the butter, add to the meat, with the egg beaten light without separating, and the flavorings. Mix well, and make into a roll. Grease a piece of brown paper and roll around the cannelon. Put on a shallow tin or baking-pan and bake thirty minutes in a moderate oven, basting occasionally with melted butter. Unroll the paper and serve the cannelon with a sauce.

CECILS.

Two cupfuls of chopped cooked beef, yolks of two eggs, one tablespoonful of chopped parsley, two tablespoonfuls of butter, one tablespoonful of bread crumbs, salt and pepper to taste.

Melt the butter, add the bread crumbs, and when well mixed, the meat, seasoned. Add the beaten yolks of the eggs and stir in a saucepan over the fire until the mixture is heated through. Cool, form into small, round balls, cover with egg and bread crumbs and fry in smoking-hot fat.

AN ITALIAN ENTREE OF BEEF'S TONGUE.

This is a good way to warm up the remains of a boiled or roast fresh tongue. Slice, cover with oil and lemon juice, and leave in the marinade for one hour. Then add salt, pepper, some sliced onion, a little parsley and a few mushrooms cut into halves. Place in a frying-pan and cook slowly for about fifteen minutes, moistening with a tablespoonful of sherry and a little lemon juice; just before taking from the fire add a little brown stock, and a little tomato sauce, well seasoned.

CREAMED CHIPPED BEEF.

Remove the coarse threads on the edges of the beef; cover with boiling water and let stand on the back of the range where it will keep hot while the sauce is being made; drain the beef and stir into the sauce. A beaten egg may be added with the beef. Serve at once with baked potatoes. For the cream sauce, melt the butter, cook the flour in the melted butter until the mixture is frothy, then gradually stir in the cream, diluted with the water. Stir and cook until the sauce boils. This sauce is particularly good for bits of cooked chicken, ham, veal or lamb, for hard-cooked eggs cut in quarters and for cooked onions, cauliflower, carrots, peas or asparagus.

One-half cup of cream, one cup of water, one and one-half cups of chipped beef, three level tablespoonfuls of butter, three level tablespoonfuls of flour.

BRAISING.

Braising is a method of cooking which is something like both boiling and baking, but differs from either. It is a favorite French way of cooking, and is regarded as both economical and good, for it converts inferior pieces of meat into tender, tasty dishes.

First of all a pan having a tightly-fitting cover is essential. In France a special cover is made in such shape that live coals can be spread over the top; this is necessary because much of their cooking is done with charcoal. With our stoves we can use either metal or earthenware; the later is preferable because the heat is kept more uniform, but any kind of deep covered pan or kettle will do the work.

The meat which is to be cooked is arranged in the pan or kettle with or without eatables according to the flavor desired, water, sauce stock or a savory sauce added; the dish is then tightly covered and placed in a slow oven to cook. From half an hour to one hour is allowed for each pound of meat, according to its toughness. The meat will brown some even while a part of the liquid is evaporating. When it is desired well browned the cover is removed half an hour before dishing.

BRAISED BEEF.

Take a piece weighing about five pounds from any lean cut such as cross rib, lower part of the round, neck, etc. Bone it if possible. Heat a dry frying-pan very hot, lay in it the meat and quickly sear on each side, giving it a nice color. Place in the braising kettle. Add a pint and a half of good brown stock, and onion stuck with three cloves and a high seasoning of salt and pepper. Cover closely, place in a moderate oven and allow forty minutes for each pound. If kept closely covered until entirely cold it makes a good relish when sliced and served with horseradish for lunch or supper.

MUTTON AND LAMB.

Always have lobster sauce with salmon,
And put mint sauce your roasted lamb on.

ROAST LEG OF MUTTON WITH SORREL SAUCE.

Wipe a leg of young mutton with a damp cloth, then with a dry. Put into a covered roaster, dash a cupful of boiling water over it and

roast at the rate of twelve minutes to each pound of the meat. Fifteen minutes before serving remove the cover and brown. If you do not use a covered roaster baste the meat every fifteen minutes, while cooking, with the gravy in the pan.

Do not send made mutton gravy to the table with it. Pass currant jelly with it and such a sauce as this:

Mince a cupful of field sorrel—young and tender—and stir two tablespoonfuls of butter rubbed into one of browned flour into a cupful of boiling water. Add the sorrel, a dash of paprika and salt. Cook for one minute, take from the fire and beat into it, a very little at a time, the well-whipped yolk of an egg. Set in boiling water until the mutton is served. It must not cook.

ROAST SADDLE OF LAMB.

This is considered a choice roast. Prepare it for the oven by wiping first with a wet cloth, and then with a dry one. Have the oven *hot*, and baste frequently all the time the meat is baking. The time required for baking will depend upon the size of the roast; three hours will be sufficient for a large saddle of mutton, a little less time will be required for lamb. Serve with mint sauce and fresh salad, and send to the table with it either peas, cauliflower or spinach. Loin and ribs of lamb are roasted in the same manner, and served with the same sauce as the above.

SHEPHERD PIE.

Chop some cold, cooked mutton quite fine. Measure and for each pint add salt and pepper to taste, a half teaspoonful of onion juice, a dash of curry powder and a half pint of brown sauce. Mix and spread in a greased dish. Cover with a thick layer of hot mashed potato, dabbling the top with a little beaten egg yolk. Brown in a quick oven.

BOILING.

Liquids boil at varying temperatures, according to their density. Water is usually taken as the standard; it boils at 212 degrees F., when at the level. When it is boiling the bubbles break at the surface of the water, steam escaping from each bubble. No matter how

rapid the boiling the temperature of boiling water can never go above 212 degrees F. For this reason, in most cases, to cook food at a moderate boil is better than to have the water "galloping." But when rice or macaroni is to be cooked we keep the water at a rapid rate in order that the force of the moving bubbles may keep the particles separate from one another. On the other hand, when meat is boiled rapidly for some time, it seems tender, because the fibres separate readily; but, when examined carefully, it will be seen that each individual fibre is really tough.

It gives true epicures the vapors
To see boiled mutton minus capers.

BOILED MUTTON.

Have the butcher bone a shoulder of mutton or three pounds or more of the breast. Wipe the meat with a damp cloth, roll it tightly and tie down with twine or a strip of muslin. Put the bones in the pot with a half teaspoonful of salt and sufficient water to cover the meat and heat to the boiling point. Weigh the meat. Allow fifteen minutes for it to heat through, and fifteen minutes for each pound. Put the meat in the pot, draw over the hottest part of the fire that it may boil as quickly as possible; draw back gradually until the water bubbles on but one side of the kettle. Keep closely covered. When done, take out a pint of the liquid, thicken it slightly with flour, smoothly mixed with a little cold water, season to taste and boil five minutes. A tablespoonful of fine barley, rice or other cereal, a small onion, a carrot or a bit of celery may also be added to the water to give flavor.

Your mutton chops with paper cover,
And make them amber-brown all over.

FRIED MUTTON OR LAMB CHOPS, PLAIN.

Prepare as for broiling; then put an ounce of butter or drippings into your saucepan on the stove. Fry a nice brown, turning as soon as sufficiently cooked, that both sides of the meat may be seared before the juices have time to escape. When done, remove to a hot platter, sprinkle with pepper, salt and bits of butter, or use a dressing of maitre d'hotel butter. Set in the oven a moment, and serve. A nice

gravy may be made by putting a cup of hot water or stock into the saucepan, thickening with browned flour and adding any flavoring you choose.

LAMB CHOPS BREADED.

Prepare as for plain fried chops; then dip in beaten egg, roll in finely sifted cracker or bread crumbs and fry or saute in clarified drippings, using enough to float the chops. When a golden brown remove from the kettle, drain, arrange on a hot platter, garnish with parsley or cress, and serve. Remember that the drippings must be hot before you attempt to cook the chops. Test by putting a bit of stale bread into the kettle; if it browns at once put in the chops. Asparagus, spinach or peas are the favorite accompaniment for lamb chops.

Kidneys fine flavor gain
By stewing them in good champagne.

FRIED KIDNEYS.

Cut three pairs of lambs' kidneys into halves. Fry eight thin slices of bacon until done; remove from the fire and keep hot while you fry the halved kidneys in the bacon fat. Cook slowly for ten minutes, turning often. Remove the kidneys and keep hot with the bacon while you stir a teaspoonful of Worcestershire sauce and the same quantity of catsup into the gravy left in the pan.

Put crustless slices of toasted bread on a platter, lay the kidneys on these, pour the gravy over them and dispose the crisp slices of bacon about the edge of the platter.

LAMB SWEETBREADS STEWED.

Soak three sweetbreads in warm water for one hour and then parboil them twenty minutes; throw them into cold water for ten minutes, to whiten them; put them in a stew-pan with a pint of good stock and simmer gently for rather more than half an hour. Dish them, thicken the gravy with flour, rub smooth in butter; let boil, and add one tablespoonful lemon juice, six tablespoonfuls of sweet cream, salt and white pepper to taste; allow the sauce to get quite hot but do not boil; pour it over the sweetbreads and serve.

MUTTON RAGOUT.

Two cupfuls of chopped cold meat, one tablespoonful of butter, one cupful of stock, one tablespoonful of flour, one teaspoonful of Worcestershire sauce, one tablespoonful of catsup, salt and pepper to taste.

Melt and brown the butter, add the flour, stir until smooth and brown. Add the stock; cook until it thickens. Add the mutton, turn into a farina boiler and cook for twenty minutes. When ready to serve, add the Worcestershire sauce and catsup; season further, if necessary, and serve.

FAMILY STEW OF LAMB AND PEAS.

Cut two pounds of coarse *lean* lamb into dice. There must be neither fat nor bone in it. Fry a sliced onion brown in two tablespoonfuls of dripping or butter. Strain the fat back into the pan, dredge the meat with flour and fry for three minutes in it, turning to sear both sides. Turn meat and fat into a saucepan, add a cupful of stock or of butter and water, cover closely and stew for an hour, or until the lamb is tender. Put in then a cupful of green peas with three leaves of green mint. Cover again and cook until the peas are tender, but not until they break. Have ready a broad dish lined with slices of toast soaked in tomato sauce. Take up meat and peas in a perforated skimmer and lay upon the toast. Keep hot, while you thicken the gravy left in the pot with a tablespoonful of butter rolled in one of browned flour; season, boil up and pour over the stew. Let it stand one minute and serve.

CURRY OF MUTTON.

Two cupfuls of chopped cooked mutton, one teaspoonful of curry powder, two cupfuls of stock, two teaspoonfuls of butter, one teaspoonful of lemon juice, two tablespoonfuls of flour, one very small onion, salt and pepper to taste.

Chop the onion fine and brown in the butter with the curry powder. Add the flour, stir until smooth and brown. Add the stock and the meat, and when the sauce has sufficiently thickened, season and serve. One cupful of meat and one of vegetables may be used, lima beans or peas giving the best flavor.

LAMB CROQUETTES.

Two cupfuls of finely-chopped cooked lamb, one cupful of boiled rice, two tablespoonfuls of flour, one tablespoonful of chopped parsley, one cupful of cream, one tablespoonful of lemon juice, one tablespoonful of butter, salt and pepper to taste.

Scald the milk. Rub the butter and flour together until smooth, then add the scalded milk and stir until it thickens. Mix the meat, rice, parsley and seasoning well together. Mix with the thickened milk and cool. When cool, form into cone-shaped croquettes, cover with egg and bread crumbs, and fry in smoking-hot fat.

CASSEROLE OF RICE AND LIVER.

Boil a cupful of rice in a quart of water until reduced to a soft paste. Mash this rice paste smooth with two tablespoonfuls of butter and salt and pepper to taste. Line a well-greased casserole with the mixture, pressing the paste firmly against bottom and sides, and leaving a large hollow in the centre. Set in a cold place until stiff and firm. Meanwhile boil a pound of lamb's liver, drain and chop fine. Heat in a saucepan two cupfuls of soup stock, season with a teaspoonful of kitchen bouquet, thicken with browned flour and stir into this sauce the minced liver. Fill the hollow in the centre of the rice with the liver mixture, sprinkle with bread crumbs and set in the oven to brown.

PILAFF OF LAMB.

Half cup of rice, two cupfuls of chopped cold lamb, two tablespoonfuls of butter.

Boil the rice in plenty of boiling, salted water for twenty minutes, or until tender. Drain and mix with the finely-chopped meat, which should be seasoned with salt, pepper and a few drops of celery extract. Add the butter, melted, and when the meat is heated turn the rice and meat into a greased tin mold. Place in the oven for ten minutes, or until the pilaff will keep its form when turned out of the mold. Serve with tomato sauce.

MUTTON SCALLOP.

Two cupfuls of finely-chopped cooked meat, one cupful of tomato sauce, half cupful of bread crumbs, one tablespoonful of butter.

Melt the butter, add the bread crumbs and stir until they are thoroughly greased. Season the meat with salt, pepper, a drop or two of onion juice or other suitable seasoning. Fill a greased baking dish with alternate layers of the meat, sauce and bread crumbs, covering the top with crumbs. Bake twenty minutes in a quick oven and serve.

LAMB SOUFFLE.

Melt three level teaspoonfuls of butter; cook in it a slice of onion and half a green pepper pod until the vegetables are yellowed but not browned; add two level tablespoonfuls of flour, half a teaspoonful of salt and a dash of paprika, and cook until frothy, then stir in, gradually, three-fourths a cup of cream diluted with a cup and a fourth of lamb broth or boiling water; stir and cook until the sauce boils, then strain over half a cup of fine, soft bread crumbs; beat in the yolks of three eggs, beaten light, and when these are cooked slightly remove from the fire and stir in one pint of cooked lamb, chopped fine; lastly fold in the whites of three eggs beaten dry. Turn into a buttered dish and bake in a moderate oven about twenty-five minutes. To serve six.

CREAMED LAMB WITH PEAS.

Stamp out rounds from seven slices of bread; toast these, dip the edges in salted boiling water and spread with butter. In the meantime, melt two tablespoonfuls of butter, cook in this two tablespoonfuls of flour, and one-fourth a teaspoonful, each, of salt and paprika, then gradually stir in half a cup of cream and half a cup of boiling water; stir until the sauce thickens, then stir in about a cup and a quarter of cooked lamb, cut in small pieces. Dispose this on the rounds of toast with a spoonful of hot, cooked peas, seasoned with butter, salt and pepper on the top of each.

VEAL.

Roast veal, with rich stock gravy serve;
And pickled mushrooms, too, observe.

ROAST VEAL.

Prepare the roast by wiping first with a wet cloth and then with a dry one. Put a cup of water and an ounce of butter into the baking-

pan to baste with. When half done, add a little salt to the gravy. Bake in a rather hot oven until thoroughly done, basting freely and at the last with butter. Remove to a hot platter, thicken the gravy, and serve.

STUFFED ROAST FILLET OF VEAL.

Take out the central bone and skewer the fillet into a neat round. Make a force-meat of crumbs, minced pork, onion juice, parsley and half a can of mushrooms, minced. Wet with a few spoonfuls of stock or gravy; fill the bone-hole and ram the stuffing into the folds of the meat from both sides. Lay on your covered roaster, cover with very thin slices of fat salt pork, and dash a cupful of boiling water over top and sides. Roast, covered, twelve minutes to the pound. Fifteen minutes before you draw it from the oven remove the pork, wash with butter and dredge with browned flour. Then brown, uncovered.

The fillet should be basted four times while roasting. After the fourth basting draw off a cupful of gravy from the dripping-pan, set on ice, or in cold water until the fat rises, skim, add four tablespoonfuls of strained tomato juice, thicken with browned flour, and cook three minutes before pouring into a gravy-boat.

BREAST OF VEAL A LA JARDINIÈRE.

Lard with strips of fat salt pork, and sprinkle with paprika. Dredge with flour and lay upon the grating of your covered roaster, add enough boiling water to cover it barely, and roast for an hour, basting with the gravy every ten or fifteen minutes. Then turn on the other side and spread over the roast a pint of tomatoes peeled and sliced, two onions, chopped fine, two sprigs of parsley, chopped fine, and two chopped peppers. Baste for another hour every ten minutes. When the meat is removed keep hot while you take up the vegetables with a split spoon, and keep them hot also. Strain the gravy, thicken with browned flour, and put into a boat. Lay the vegetables about the meat upon a metal or fireproof dish, dredge this last with browned crumbs, and dot with softened butter. Set upon the top grating of the oven for five minutes to brown and send to table in the dish.

BAKED CALF'S HEAD.

The head should be cleaned with the skin left on, also the ears, and split down the under side, leaving the top unbroken. Remove

the tongue and brains, parboil and set them on ice. Put the head on in plenty of cold water, boil quickly and for one minute after the boiling point is reached. Take the head off and lay in ice-cold water. Change this for colder in ten minutes, and leave in this for several hours.

Then put over the fire in boiling water, to which a tablespoonful of vinegar has been added, and a tablespoonful of salt. Cook gently until you can slip out the bones easily.

Do this, drawing the teeth, cheek-bones and skull, taking care not to break the upper skin. Put into a bake-dish, restoring the shape as well as you can. Cut the tongue into slices and lay close against the cheeks; wash plentifully with butter rubbed to a cream with lemon juice, sift dry crumbs all over it and bake, covered, half an hour. Then brown.

To make the gravy, rub the brains to a soft paste; pepper and salt, season with tomato catsup and onion juice, add enough of the liquor in which the head was boiled to make a boatful of gravy, thicken with butter rolled in flour, simmer five minutes and serve.

There is no more savory preparation of calf's head than this. It goes to table in the bake-dish. The liquor from the pot in which it had the second boiling makes excellent soup stock.

ROAST SWEETBREADS.

Parboil two pairs of sweetbreads and blanch by throwing them into cold water. Drain, pierce three or four holes in each and press into these holes narrow strips of fat salt pork, allowing the strips to project a half-inch on each side. Lay the sweetbreads in a roasting-pan, pour a cupful of weak veal stock over them and rub them with melted butter. Cover and bake for twenty-five minutes.

ROAST CALVES' HEARTS.

You will need two hearts for a dish of moderate size. Wash them thoroughly, leaving in salt and water for an hour, to draw out the blood. Run a slender, keen knife from the large end of each heart straight to the centre, turning it around several times to make a central hole for the force-meat stuffing. Make this of cracker crumbs highly seasoned with onion juice, salt and pepper, thyme or mar-

joram. Moisten with melted butter, or use hot water and a little fat pork or bacon finely chopped. Sew the opening together, and thrust in several lardoons of salt pork. Dredge with salt, pepper and flour. Fry one sliced onion in dripping in a frying-pan. Put in the heart and brown it lightly all over. Pour in stock to cover it—barely—add a bay leaf, two slices of carrot and one teaspoonful of salt. Cover the pan and cook in a moderate oven about two hours, or until very tender.

When done remove the strings, put the hearts upon a hot dish, and thicken the gravy with browned flour. Add lemon juice and other seasoning if needed. Strain over the hearts. Garnish with Parisian potatoes alternately with small tomatoes, pared and baked. Pour melted butter and minced parsley over potatoes and tomatoes.

VEAL POT-PIE.

Cut the meat from a knuckle of veal in pieces about two inches square, put them in a kettle with a few very thin slices of fat salt pork, and enough water to just cover them, allow to boil very slowly until well done and very tender; it will require about two hours; half an hour before the meat is done, add salt and white pepper to taste, and if light a very little nutmeg and just a hint of cayenne; when done, thicken the gravy, by adding two tablespoonfuls of flour and the same quantity of butter, rub smoothly together. If the gravy is too thin, add more flour—it should be of the consistency of cold cream; keep the same quantity of water by adding more as it boils away. Have ready a tin of warm soda and cream of tartar or baking-powder biscuit, break them open and lay them on a hot platter, crusts down; pour over them the meat and gravy, and serve very hot. If preferred, roll the dough about an inch thick, lay in the pot on top of the meat, cover closely, and steam twenty-five minutes; or cut in biscuit form, and steam. In either case thicken the gravy and serve as before. The pork may be omitted, if objectionable, though its flavor is usually liked with veal. A small onion, sliced and put in the kettle with the meat, is an improvement for most tastes. Any kind of meat suitable for pot-pies may be prepared after the above directions. Cold cooked meats may be converted into pot-pies, by using stock, which you can easily prepare from the bones and trimmings for the gravy in which the meats should be heated, not boiled.

CALF'S LIVER A LA JARDINIERE.

Lard a large liver with strips of fat salt pork. Cover the bottom of a large saucepan with a carrot and a young turnip (all cut into dice), six very small onions, a handful of green peas and the same of string beans cut into short lengths. Lay the liver upon these, pepper it and pour in a cupful of stock, or a cupful of hot water in which a tablespoonful of butter has been melted. Cover closely and cook an hour and a half without opening. In a bake-pan cook four peeled tomatoes of medium size. Take up the liver and the vegetables, the latter with a split spoon. Lay the liver upon a hot dish, group the vegetables (the tomatoes included), each of a kind together, about it; keep hot in the oven while you strain the gravy into a saucepan, add a great spoonful of catsup and a tablespoonful of browned flour wet with cold water, and cook for one minute. Pour a few spoonfuls over liver and vegetables, the rest into a boat.

A GOOD PREPARATION OF VEAL.

1. The following is an excellent mode of preparing veal to be eaten cold, and for keeping it on hand for several days for immediate use; take, say, three and a half pounds (the thick part of the leg is preferable), with the tough tendonous parts removed, chop it fine without cooking; mix well with it four soda crackers rolled fine, three well-beaten eggs, one tablespoonful of salt, one tablespoonful of pepper, half a nutmeg, two tablespoonfuls of cream or a small piece of butter; make it into a loaf and bake in a dripping-pan without water, with quick heat at first to close the outside and retain the juices, and continue the baking from one and a quarter to one and a half hours; serve, cut in thin slices. An excellent lunch in traveling.

2. Butter a good-sized bowl, and line it with thin slices of hard-boiled eggs; have veal and ham both in very thin slices; place in the bowl a layer of veal with pepper and salt, then a layer of ham, omitting the salt, then a layer of veal, and so on, alternating with veal and ham until the bowl is filled. Make a paste of flour and water as stiff as it can be rolled out, cover the contents of the bowl with the paste and over this tie a double cotton cloth; put the bowl into a saucepan or other vessel, with water just to the rim of the bowl, and boil three hours, then take it from the fire, remove the cloth and paste

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and let it stand until next day, when it may be turned out and served in very thin slices.

VEAL SOUFFLE.

Two cupfuls of chopped cooked veal, three eggs, two tablespoonfuls of butter, two tablespoonfuls of flour, one tablespoonful of chopped parsley, one cupful of cream, one cupful of milk, seasoning to taste.

Melt the butter without browning, add the flour, stir until smooth. Add the cream and milk; stir until it thickens. Add the veal to the sauce and, when it is thoroughly heated, add the beaten yolks of the eggs. Take from the fire and cool. When ready to use, beat the whites of the eggs to a stiff, dry froth; mix them gently with the meat and sauce. Turn into a greased baking dish and bake for twenty minutes in a hot oven.

Veal cutlet dip in egg and bread crumb;
Fry till you see a brownish red come.

VEAL CUTLETS.

Take one egg and beat it a little, roll the cutlet in it, then cover with rolled crackers. Have a lump of butter and lard mixed hot in a skillet, put in the meat and cook slowly. When nicely browned on both sides, stir in one tablespoonful of flour for gravy; add half a pint of sweet milk, and let it come to a boil. Season to taste, and pour over the meat or serve in a different dish as preferred.

VEAL CUTLETS.—BROILED.

Cut the veal half an inch thick, scrape the ends of the bone, if they are rib cutlets, for an inch or so, to make them smooth and white. Trim and pound the cutlets, then broil over a clear fire, turning often until thoroughly done,—rare veal is detestable; remove to a hot platter, put bits of butter over the cutlets, sprinkle slightly with salt and white pepper, set in the oven a moment, and serve. Or dress with maitre d'hotel butter. Follow the above directions in cooking veal steaks, mutton and lamb chops, and cutlets.

VEAL FRICASSEE.

Cut four pounds of veal in small pieces, put in the kettle cold water enough to cover, let come to a boil and skim; set where it will boil slowly until very tender, adding, just before it is done, salt and a slight sprinkling of white pepper. Thicken the gravy by adding the following: Rub smoothly three tablespoonfuls of butter and the same of flour, remove from the fire and stir in slowly to prevent lumps, return to the fire, let boil up once, and it is ready to serve. Have ready a tin of warm biscuits, break open, lay upon a hot platter, press down and pour over the fricassee. A very small onion cooked with the meat is a welcome addition to some, but there should be only a suggestion of the onion. Add a squeeze of lemon juice just before serving.

BRAISED VEAL.

Have the butcher remove the bones from a shoulder of veal. Make a stuffing with a quart of stale bread, one chopped onion, a high seasoning of salt, pepper and thyme, and six tablespoonfuls of melted beef suet. Stuff and tie the meat in shape. In the bottom of the pan put a layer each of sliced carrot and onion, and a bit of bay leaf, two cloves and six peppercorns; on this place the meat. Pour round it a pint of stock (made from the bones), or water and a cupful of cooked tomato. Add salt and pepper. Cover closely. Place in a slow oven. Allow three-quarters of an hour for each pound (with bones removed). Strain the sauce, diluting if necessary. A knuckle of veal may be cooked in the same way, allowing an hour per pound.

CALF'S BRAIN.—SAUTED OR FRIED.

Take the membrane from the outside of the brain; soak in cold water two or three hours; then put into a saucepan on the stove with a pint of cold water, half a tablespoonful of salt, and a tablespoonful of vinegar; boil five minutes, plunge into cold water for ten minutes, and set in a cool place. When ready to cook, cut in inch pieces, dip in beaten egg, roll in cracker dust and fry in butter or drippings. Serve with tomato sauce; or you may have brains *a la Milanaise*, by cooking some macaroni with your tomato sauce and putting it around the brains.

VEAL PIE.

Cut three pounds of lean veal into inch-square cubes; put into a saucepan with a cupful of cold water, and heat slowly. Remove the scum as it begins to boil; add two small onions, sliced, two tablespoonfuls of carrot cubes, and one teaspoonful of salt. Let it simmer until very tender. Put the meat then into a deep baking dish.

Let the liquor boil down to one cupful and a half, strain it and remove most of the fat. Add one-half cupful of cream or of rich milk, and pepper to taste. Thicken it with a tablespoonful of flour rubbed in one of butter; cook it five minutes, and strain it over the meat. If you have any cold boiled ham you may add a little of it to the veal, cutting it into tiny pieces.

Cover with a rich biscuit dough, half an inch thick, and bake one hour, covered with thick paper. Uncover and brown.

KIDNEY PIE.

Cut four kidneys into neat squares and stew gently in weak stock for half an hour. Cook a quarter-pound of macaroni till tender, and cut it into inch lengths. Butter a baking dish and put in a layer of macaroni; over that spread a layer of sliced kidneys, seasoned with pepper, salt and made mustard. Sprinkle over a little flour, and add a layer of tomatoes. Repeat these layers and cover with fine bread-crumbs when the dish is filled. Pour in a rich gravy made from the stock in which the kidneys were stewed; put small bits of butter over the crumbs on top, and bake steadily for one hour.

BLANQUETTE OF VEAL.

One tablespoonful of butter, one tablespoonful of flour, one cupful of stock, one cupful of cream, yolks of two eggs, twelve button mushrooms, one tablespoonful of chopped parsley, salt and pepper to taste, two cupfuls of finely-chopped cooked veal.

Melt the butter without browning, add the flour and stir until smooth. Add the liquid, and when the sauce begins to thicken add the meat and the mushrooms cut in pieces. Stir until the sauce thickens, and when ready to serve, add the yolks of the eggs beaten light, and the parsley. Stir the eggs gently into the sauce, cooking for one minute only. Long standing, or too long cooking, cooks the eggs

too much so they separate from the sauce. The blanquette may be garnished with whole mushrooms which have been heated in their own liquor.

The above recipe may be used for making veal patties or the filling of bouche cases. In that case they would be more delicious if part sweetbreads were used with the chopped veal.

VEAL PATTIES.

Mince a little cold veal and ham, allowing one-third ham to two-thirds veal; add a hard-boiled egg chopped, and a seasoning of pounded mace, salt, pepper and lemon-peel; moisten with a little gravy and cream. Make a good puff-paste, roll rather thin, and cut it into round or square pieces; put the mince between two of them, pinch the edges to keep in the gravy, and fry a light brown in beef drippings. They may also be baked in patty-pans; in that case they should be brushed over with beaten egg before they are put in the oven. Oysters may be substituted for the ham with good effect.

VEAL LOAF.

Half cupful of fine bread or cracker crumbs, three pounds of veal, three tablespoonfuls of cream, two teaspoonfuls of salt, three eggs, one-fourth cupful of butter, half pound of ham, one teaspoonful of black pepper, half teaspoonful of allspice, one teaspoonful of onion juice, two teaspoonfuls of summer savory.

Chop the veal and ham very fine. Beat the eggs, without separating, until light, and melt the butter. Mix the veal, ham, crumbs and seasonings well together; add the eggs, and, when well mixed, the cream and melted butter. Mix thoroughly. Press into a mold previously wet with cold water, and turn out carefully onto a flat baking-pan. Bake for two hours in a moderate oven, basting occasionally with melted butter.

SPECIAL SAVORY.

Cut into half-inch square pieces an onion, a seedless green pepper, a seeded tomato, a cored apple and, if possible, a small piece of garlic. Melt a large tablespoonful of butter in a saucepan, add above ingredients, sprinkle over two tablespoonfuls of flour. Lightly stir and add

a pound each of raw lean veal and pork cut into one-inch squares, and a half a pound seeded eggplant cut into three-quarter-inch pieces. Season with a teaspoonful of curry powder, a saltspoonful of salt, a half teaspoonful of pepper and cook for ten minutes. Moisten with a pint of water. Tie in a bunch a sprig of parsley, a sprig of thyme, a bay leaf and place in pan. Cover pan, boil for five minutes and set in oven for an hour, being careful to mix once in a while. Remove, take out bouquet, arrange with boiled rice and serve.

PORK.

Roast pork sans apple sauce past doubt
Is Hamlet with the Prince left out.

ROAST PORK.

Score the skin until the knife touches the meat under it. Rub into these lines or squares a mixture of fine crumbs seasoned with onion juice, a little grated lemon-peel and the juice of half a lemon, with pepper and salt to taste. Work in well until the stuffing stands out of the cracks. Put into your roaster, with a cupful of hot water under it, and after covering bring quickly to the point at which the water begins to steam. Slacken the heat then, and cook twenty-five minutes to the pound, basting often with its own gravy.

Pour off this gravy twenty minutes before taking the meat up, and set in a bowl of ice to send all the fat to the top. Greasy pork gravy is an offense to the educated palate. Thicken with browned flour.

A better plan is not to attempt to make gravy, but to send around apple sauce alone with the roast.

CHINE OF PORK BRAISED WITH APPLES.

Instruct your butcher to cut the chine with plenty of meat on both sides of the bone. Sprinkle it well with pepper and salt, and lightly with sage and sweet marjoram. Pare, core and cut into thick slices three large, tart apples. Cover the grating of your roaster with them, strew with sugar and lay the chine upon them. Dot the meat with butter; cover and roast twenty-five minutes to the pound. At the end of that time transfer the meat to a dripping-pan, turning it over that the side which has lain upon the apples may be uppermost. Wash

with butter, cover thick with salted and peppered crumbs, and brown upon the upper grating of a hot oven while you make the gravy.

To do this rub the cooked apple and the liquor with them through a colander into a saucepan, add a little hot water, a lump of butter rolled in flour, and, if very tart, a little sugar; pepper and salt to taste, boil up and turn into a boat.

Serve peas, pudding or beans in some shape with the chine.

ROAST SPARE-RIBS.

This joint frequently comes to the table hard and dry from lack of basting. Put the spare-rib into a hot oven, put a cup of salted hot water into the baking-pan and baste constantly until the meat is done; remove to a hot platter, turn off the drippings; add a cup of hot water to the glaze in the dripping-pan, let boil up, thicken with browned flour, season to taste; add a teaspoonful of finely chopped cucumber pickle and serve. Turn the spare-rib once in baking, that both sides may be browned. Powdered sage may be sprinkled over the spare-rib before it is put into the oven, and is considered an improvement by many. Spare-rib may be baked with a dressing; break the ribs across the middle so that they will fold, lay some force-meat or dressing on one-half and fold the other over it; serve stewed apple with spare-rib.

ROAST LITTLE PIG.

A roasting pig should not be more than four weeks old; put the pig into cold water directly it is killed; let it remain a few moments, then immerse it in a large pan of boiling water for a few minutes. Take it out and pull off the hair as quickly as possible. When the skin looks clean, make a slit down the underside of the pig and remove the entrails, well clean the nostrils and ears, wash the pig in cold water and wipe it thoroughly dry. Take off the feet at the first joint and loosen and leave sufficient skin to turn neatly over. After preparing the pig for cooking, stuff it with a dressing made of finely grated bread crumbs, minced sage, pepper, salt, and a piece of butter the size of an egg, all of which should be well mixed together, and put into the body of the pig. Sew up the slit neatly; rub the pig over with a little butter, a very slight coating, or salad oil; put it into a baking-pan and bake in a rather hot oven, basting often with melted butter until there are sufficient drippings from the meat; turn, that

it may brown nicely all over; when perfectly done, place the pig on its side on a hot platter, or if the feet were skillfully removed, you can, if you choose, stand him on all fours. Put a small ear of corn in his mouth, and he is ready to carve. If your pig is too large to make a nice appearance on the table, let the head be removed. Pour the drippings from the baking-pan, set the pan on the top of the stove, add a cup of hot water, season with pepper and salt, thicken with browned flour, add a squeeze of lemon juice, and send to the table in a gravy-boat. Apple sauce and the old-fashioned currant sauce are not yet obsolete as an accompaniment for roast pig.

PORK CUTLETS OR CHOPS, PLAIN.

Cut the cutlets from a delicate loin of pork, bone and trim them neatly, and cut away the greater portion of the fat. Place the grid-iron on the fire; when hot lay the chops on and broil fifteen minutes; turn them three or four times, and be particular that they are *thoroughly* done, but not dry. Dish them, sprinkle over them a little fine salt and white pepper, and serve plain or with tomato sauce, sauce piquante or pickled cucumbers, a few of which should be laid around the dish as a garnish.

PORK CUTLETS BREADED.

Cut the cutlets from a loin of pork, scrape the top part of the bone, cut away most of the fat, and dip them in a dressing made as follows: One egg beaten thoroughly, half a teaspoonful of minced or pounded sage, pepper and salt to taste. Dip the cutlets in the dressing, roll in cracker dust, and fry rather slowly until thoroughly done; let them fry a nice brown before turning, as one turn should be sufficient; serve with mashed potatoes. Tomato sauce is well suited to pork cutlets.

PORK TENDERLOINS.

Broil over a clear, steady fire, turning as often as they begin to drip. Allow twenty minutes, if small; more when large. Lay upon a heated dish, cover with a mixture of butter, lemon juice, onion juice, pepper, salt and a dash of powdered sage. Turn over and over

in this as it melts; cover closely and leave over hot water several minutes to let the seasoning sink into the meat.

Serve browned whole potatoes and apple sauce with them.

PORK PIES.

Cut some thin slices of fat pork (if salt, parboil them), then put a layer of pork into a baking-pan and season it with white pepper, mace or nutmeg, and salt, if necessary; add some slices of apple, cored, peeled and sprinkled with sugar. Proceed in this order until you have the required quantity; let the last layer be of apples. Cover with puff-paste, or a crust made after the recipe given for soda and cream of tartar biscuit. Just before the pie is done, brush over the top with beaten egg or melted butter. Some cooks put a glass of sweet cider into this pie before putting on the cover.

FRIED SALT PORK.

Take very fat side pork, cut in thin slices, remove the skin, lay in cold water for half an hour, then set the dish on the stove and let the water become scalding hot, but do not allow to boil, as boiling will shrivel the meat; remove the meat, drain, dip in flour, lay in a frying-pan which has been moderately heated, and fry a nice brown on both sides; your frying-pan must be quite hot or the pork will not brown. When done, crisp and golden brown, remove to a hot platter, drain every drop of the dripping from the frying-pan leaving the sediment of slightly browned flour at the bottom; now add a cup of thick, sweet cream, let boil up and if your gravy is not thick enough, add a small tablespoonful of flour stirred smooth in a little cold milk; let boil enough to cook the flour, season with pepper and salt, and send to the table in a gravy-boat. Milk may be used in the absence of cream, in which case you must add a small piece of butter, but it makes a very inferior gravy. Serve with baked potatoes.

SALT PORK FRIED IN BATTER.

Prepare as for plain fried salt pork; fry without putting in flour and when ready to remove from the frying-pan dip into batter made as follows: One egg beaten light, two tablespoonfuls of milk, and two tablespoonfuls sifted flour, or enough to make a rather thin bat-

ter; stir until smooth, add a little salt, dip the fried pork into the batter, put quickly back into the hot drippings; turn as soon as it browns.

BAKED PORK AND BEANS.

Pick over, wash, and put to soak over night a quart of dry beans; in the morning put them over to boil in two quarts of cold water; boil slowly half an hour, then drain off the water, and put on more; use hot water this time, the same quantity as before, boil half an hour and pour off this water; now put enough hot water into the kettle to a good deal more than cover the beans. Put half a pound of pickled pork, which has been well parboiled, into the kettle and boil yellow until the beans are thoroughly cooked, adding water from time to time, if necessary. Remove to a baking-pan, add pepper, salt, if necessary and if liked, a tablespoonful of molasses or the same quantity of sugar; put the pork in the centre of the dish with the skin side, scored, up, and bake in a hot oven until both pork and beans are of a light golden brown. See that there is plenty of moisture in the baking-pan when it is put into the oven, it will require a good deal; when cold, baked beans should cut smooth and solid like cheese, and should be as moist as they can be and hold together; if they crumble, they have been baked too dry. Serve in the dish in which they were baked. It may be made presentable by pinning a folded napkin around it; there should be always at hand a dainty case of some kind for such dishes.

SAUSAGES.

Three teaspoonfuls of sifted sage, two pounds of lean, fresh pork, two teaspoonfuls of white pepper, one pound of fat, fresh pork, one-fourth teaspoonful of allspice, three teaspoonfuls of salt.

Chop the meat, fat and lean together, very fine, and mix thoroughly with the seasonings. Make cotton bags the desired shape and length; dip them in a strong brine and dry. Attach the sausage stuffer to the meat chopper, and with it press the meat into the bags as closely as possible; tie the bags tightly and hang in a cool place. When using sausage from these the end should be turned back, and after the desired amount has been cut off, tie closely again. Cut the sausage in slices and saute until brown.

SCRAPPLE.

Separate one small hog's head into halves. Take out the eyes and brains; scrape and thoroughly clean the head. Put it into a large kettle, cover with four or five quarts of cold water, and simmer gently for two or three hours, or until the meat falls from the bones. Skim the grease carefully from the surface, remove the meat, chop fine, and return it to the liquor. Season it with one teaspoonful of powdered sage, salt and pepper. Sift in granulated yellow cornmeal, stirring constantly until it is the consistency of soft mush. Cook slowly for one hour, watching carefully, as it scorches easily. When cooked, pour into a greased, oblong tin, and put in a cold place. Cut in thin slices, and fry crisp and brown.

BACON AND APPLES.

This is a favorite southern dish, and good enough to be transplanted.

Slice bacon thin and fry it crisp. Transfer to a platter and keep it hot while you fry thick slices of unpeeled sweet apples in the bacon fat. When these are tender, drain and put in the centre of a hot platter. Lay the fried bacon about the edge of the dish, sprinkle sugar over the apples, and serve.

TO BAKE A HAM.

As a ham for baking should be well soaked, let it remain in water for at least twelve hours. Wipe it dry, trim away any rusty places underneath, and scrape and wash the skin until perfectly clean; cover it with a common crust, taking care that this is of sufficient thickness to keep the gravy in; place it in a moderately heated oven, and bake four or five hours, if the ham is a small one, longer if it is large. When done, take off the crust and skin, brush over with beaten yolk of egg, dust with finely sifted bread crumbs or cracker dust; return to the oven and let brown, or glaze the ham when you have removed the crust and skin; in that case you will not return it to the oven. A ham may be baked without a crust, but a crust keeps the juices in, which give it a fine flavor, besides it will keep longer. This method of cooking is considered next to boiling.

BOILED HAM.

Soak eight hours, and scrub it hard with a stiff brush or whisk to get out salt and dirt. Cover with an abundance of cold water, and put into it two tablespoonfuls of vinegar. Heat very gradually. At the end of the first hour it should not have reached the boiling point. Simmer gently four or five hours. Allow twenty minutes to every pound for a corned ham; twenty-five for a smoked. Let it get almost cold in the liquor—entirely cold before you skin it.

BROILED HAM.

Prepare the ham as for frying, but cut the slices thinner; remove most of the fat; the fire must be beautifully clear or the ham will have a smoky flavor far from agreeable. Serve poached eggs with broiled ham.

FRIED HAM AND EGGS.

Cut the ham in rather thin slices, taking care that they are the same thickness in every part. Cut off the rind, and if the ham should be to salt, soak it fifteen minutes in hot water and then dry it in a cloth. Put it into a frying-pan, set it over the fire, and fry until thoroughly done and a nice brown; then remove to a hot platter. Break the required number of eggs into a saucer, one at a time, slip them into the ham drippings, dip the hot gravy over the eggs until a white film covers the top of each; then remove them from the frying-pan, place them on the slices of ham, or serve on a separate platter; sprinkle lightly with salt and send to the table at once. The eggs will be more delicate if poached or fried in butter, but many like the flavor they acquire by being fried in the ham drippings or gravy. After the eggs are removed from the frying-pan, drain off the drippings, and if you want a gravy, pour a little hot water into the frying-pan; let simmer a minute and pour it over the meat, in which case you will serve the eggs by themselves.

POTTED HAM.

Cut some slices from the remains of a cold boiled ham; fried or broiled ham may also be used; mince them small and to every two pounds of lean meat allow half a pound of fat. Pound the ham, fat

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and lean, in a mortar to a fine paste, gradually adding half a teaspoonful of pounded mace, half a teaspoonful of cayenne, a little allspice, and a very small quantity of nutmeg. Be particular that all the ingredients are well mixed and the spices well pounded. Press the mixture into tiny jars, filling them to within an inch of top; pour over the ham enough clarified butter or drippings to fill the remaining space and keep in a cool place. Nice for luncheon or tea.

HAM TIMBALES.

Beat the eggs; add the cream diluted with the water, the ham, crumbs and seasoning; mix thoroughly and turn into buttered timbale molds. Set in a baking dish on several folds of paper, surround with boiling water, and let cook in a moderate oven until firm in the centre. To serve, turn from the molds and surround with the sauce. Finish with a sprig of parsley in each timbale. This mixture may be steamed in a tin holding a little less than a quart.

Three-fourths a cup of cream, three-fourths a cup of boiling water, one cup of cold cooked ham, chopped fine, one-fourth a cup of fine, soft bread crumbs, two eggs, one-half a teaspoonful of salt, a dash of paprika, cream sauce with peas.

HAM RELISH.

One cupful of cold boiled ham, chopped fine, half cupful of cream, three hard-boiled eggs, salt and pepper to taste.

Scald the cream. Rub the yolks of two eggs smooth with a little of the cream; add to the cream in the farina boiler with the ham. Press the whites of the two eggs through a sieve, add to the mixture, and when thoroughly heated put on a hot dish. Slice the remaining egg over the ham and serve.

HAM TOAST.

One cupful of cold boiled ham, chopped fine, yolk of one egg, half cupful of cream, salt and pepper to taste.

Scald the cream, add the beaten yolk, stir until it thickens. Add the ham, and, when heated, season and serve on toast.

HAM PATTIES.

One cupful of finely-chopped cooked ham, one teaspoonful of salt, one-fourth cupful of fine bread crumbs, one-fourth teaspoonful of pepper, one tablespoonful of butter, one-fourth cupful of milk.

Mix the meat with the bread crumbs and seasonings; add the butter, melted. Moisten with the milk, and half fill greased pattypans with the mixture. Break one egg carefully on the top of each, sprinkle with a little salt and pepper, and cover with fine bread or cracker crumbs. Bake eight minutes in a quick oven. Serve at once.

HAM CANAPES.

One cupful of chopped boiled ham, two tablespoonfuls of Parmesan cheese, one-fourth cupful of cream, paprika to taste.

Cut bread into slices one-fourth of an inch thick, and with a French cutter into circles. Fry to a delicate brown in smoking-hot deep fat.

Pound the ham to a paste, adding the cream as needed. Season with the paprika, or cayenne pepper if preferred. Spread the mixture on the fried bread, sprinkle the cheese over the top, and brown in a hot oven.

POULTRY.

"Even for our kitchens
We kill the fowle of season."

In choosing chickens take those with yellow legs; the meat will be whiter when cooked, and the flavor is also considered superior to that of dark-legged ones; you may determine whether the fowl is young or not by examining the end of the breast bone, it being in young fowls a cartilaginous substance that will bend easily without breaking. If it has become bone the fowl is old. Young geese have yellow feet lightly tinged with pink, which age deepens to a rather bright red. All kinds of fowls should be hung necks downward as soon as the head is cut off, that they may bleed. At the end of half an hour, scald the fowl, if a chicken—geese and ducks are usually picked dry—and roll it in a dry cloth for a few minutes to drain and dry a little. Then pluck, singe and draw as quickly as possible, not forgetting to remove the oil bag; wash thoroughly inside and out, but do not allow to soak.

TO TRUSS A FOWL.

Cut off the legs at the first joint if for roasting; for boiling, cut off the claws, dip the legs in boiling water for a few minutes, when the skin can be easily scraped off. Cut off the entire neck, having drawn back the skin for an inch or two, so that when brought forward, it will cover the end of the bone. Turn the pinions under, run a skewer through them and the middle of the legs, which should be passed through the body to the pinion and leg on the other side, one skewer securing the limbs on both sides. Tie the legs together by passing a trussing needle threaded with twine through the backbone and securing it on the other side.

ROAST CHICKEN.

When the chickens are nicely dressed and trussed, season them inside with pepper and salt and fill them with a dressing made as follows: Cut the crust from three or four slices of stale bread; butter the bread generously and cut it in tiny bits; fill the body of the fowl

with the buttered crumbs or any dressing preferred; place in a dripping-pan with an ounce of butter and half a cup of water if you do not use a roasting rack. Baste often; allow an hour for baking, if the chickens are young and tender; much more time will be required if they are at all old. Serve with giblet gravy made as for roast turkey. Pass crab apple jelly with roast chicken.

BOILED CHICKEN.

When the fowl is ready for cooking, fasten the legs and wings to the sides of the body with very small wooden skewers; put to cook in just enough boiling water to cover, to which add a tablespoonful of lemon juice, a palatable season of salt, and a small piece of red pepper pod. Boil until thoroughly well done, then remove to a hot platter. Serve with white or oyster sauce.

FRICASSEED CHICKEN.

Clean as usual, and dissect so thoroughly that the carver will have nothing for his knife to do in "helping" the dish. The breast and the back should be in two pieces, each, and every joint be separate from the next.

Wash, but do not wipe. Arrange the pieces, dripping wet, in a pot, scatter over each layer minced onion, parsley and chopped fat pork; season with salt and pepper. Cover the pot very closely and set it where it will not begin to boil under an hour. Increase the heat somewhat, but cook slowly throughout. *Cook until done!* The toughest tendons will yield to slow stewing in time.

When assured that your end is gained, take out the meat with a split spoon, heap upon a platter, the white at one end, the dark at the other, and keep hot while making the gravy. To do this, pour into a bowl, set in iced water to make the fat rise.

MARYLAND CHICKEN.

Take a chicken (an old hen well boiled will answer the purpose) and make a hash of it, carefully removing all the bones, and shredding the flesh into fine particles. Flavor it as you would season ordinary chicken hash, with salt, pepper, celery seed and a touch of onion, if

you like that seasoning. Stew it thoroughly, and add a large lump of butter to make the gravy rich. Then take young, tender corn, cut it off and make into a batter with a pint of sweet milk, a couple of eggs, and a tablespoonful or two of flour to make it cohere well. Make it into cakes about the size and shape of a thick batter cake, lay the cakes on a large flat dish, and pour the chicken hash over them. You may have this dish even in winter, by making the fritters of canned corn.

STUFFING FOR BAKED OR ROASTED FOWLS.

Cut six slices of stale bread, remove the crust, and put it to soak for five minutes in cold water; then squeeze it as dry as possible in a clean napkin. Put three tablespoonfuls of butter in a saucepan on the stove, add a tablespoonful of minced onion and let it simmer a few minutes, but do not allow to color; now put in the bread, two tablespoonfuls of chopped parsley, three of chopped celery, a little powdered thyme, a very small quantity of grated nutmeg, and pepper and salt to taste. When thoroughly heated, remove from the stove, add three tablespoonfuls of sweet cream, two well-beaten eggs, and a pint of select raw oysters. Stir all well together, and it is ready for use. If objectionable, the onion may be omitted. The above is a very nice dressing; if a simpler one is desired, the oysters may be omitted, also either or all of the ingredients used for flavoring. A very palatable and wholesome dressing may be prepared of bread and butter and a seasoning of pepper and salt, though I would advise the addition of a little chopped celery, previously fried in butter till slightly tinged with yellow. Chestnuts are a nice addition to a stuffing for turkeys; let them stand a few minutes in hot water, then remove the skins, boil in strongly salted water until tender, chop and add to the dressing. Both Irish and sweet potatoes, boiled, mashed and seasoned, are used for stuffing turkeys.

FRIED CHICKEN WITH CREAM GRAVY.

(A Maryland dish.)

After dishing the chicken cooked as in foregoing recipe, strain the fat again, stir in a lump of butter rolled in flour that has been slightly browned, and, when it bubbles, a small cup of hot cream or milk to

which a pinch of soda has been added. Stir for two minutes to prevent scorching, add a tablespoonful of minced parsley and pour over the chicken.

To roast spring chickens is to spoil 'em—
Just split 'em down the back and broil 'em.

BROILED CHICKEN.

Use none but undeniably young chickens for broiling. Clean well and split down the back. Lay for an hour in a marinade of salad oil and lemon juice, if there is any doubt on this point.

If certain of your subject, wash over with butter and lay upon a greased and heated gridiron, breast uppermost. The fire should be red and strong. Broil about ten minutes to the pound, lifting when it begins to drip and turning four times to insure thorough cooking. When dished it should be sprinkled with pepper and salt, and well buttered.

CHICKEN A LA TERRAPIN.

One pint of finely-chopped cooked chicken, three hard-boiled eggs, one tablespoonful of chopped parsley, one tablespoonful of flour, three tablespoonfuls of butter, one cupful of cream, salt and pepper to taste.

Melt the butter, add the flour, stir until blended; add the chicken and the cream. Stand over hot water or in the farina boiler, and when the mixture is thoroughly heated add the yolks of the eggs put through a press and rubbed smooth with a little of the cream. Add the whites chopped fine, and let the mixture come to boiling point. Season and serve.

TIMBALES OF CHICKEN.

Half cupful of cream, whites of four eggs, one tablespoonful of finely-chopped truffles, two cupfuls of the cooked white meat of the chicken, salt and pepper to taste.

Chop the meat very fine, and pound it to a smooth paste, adding the cream gradually. When well mixed, season and add the truffles. Then add, one at a time, the unbeaten whites of two of the eggs, mixing the first with the paste until it has disappeared, before adding the second. Beat the remaining whites to a stiff, dry froth and stir them

carefully into the mixture. Fill greased timbale molds half full of the chicken paste, place them in a pan of hot water (the water should come up as far on the outside of the tins as the paste fills the inside). Bake in a moderately hot oven for twenty or thirty minutes, the time depending upon the size of the molds. If a single large mold is used the timbale will have to bake as long as thirty-five or forty minutes. Serve hot with a cream mushroom sauce.

CHICKEN OKRA, COCOANUT.

Half a fowl from which the bones have been removed, one small carrot, one white turnip and one onion, half a green pepper, two tablespoonfuls of raw rice, three quarts of hot water, four small peeled red tomatoes and twelve good-sized fresh okras. Cut the fowl into small square pieces. Also cut the carrot, turnip, onion and green pepper into half-inch square pieces. Place all in a saucepan with one tablespoonful of butter and slowly brown for ten minutes, lightly stirring once in a while. Then add the rice and any raw chicken bones on hand. Lightly mix and moisten with the hot water. Season with a level tablespoonful of salt, cover the pan and allow to boil for thirty minutes. Cut the tomatoes and okras into small pieces and add them to the soup, then boil for thirty minutes more. Remove the bones. Now add the milk and the shredded meat of a medium-sized cocoanut. Mix well, let boil for ten minutes more and serve.

CREAMED CHICKEN WITH CURRY OF RICE.

Melt one-fourth a cup of butter; cook in it one-fourth a cup of flour and half a teaspoonful, each, of salt and paprika. When cooked a little, gradually stir in one cup of cream, diluted with one cup of water. Let cook, stirring constantly until the mixture boils, then add a pint, well pressed down, of chicken meat cut in small cubes. Let stand over hot water to become very hot. Cook an onion cut in halves in three tablespoonfuls of curry powder, and when blended with the butter, gradually stir in half a cup of cream and one cup of water. Have ready half a cup of rice, heated to the boiling point in a quart of cold water, drained and rinsed; add this to the cream and curry mixture with a teaspoonful of salt; let cook, over hot water, or on asbestos mat, until the rice is tender and the liquid absorbed. Remove

the onion, add a tablespoonful of butter and a dash of pepper and dispose on a serving dish as a border; turn the creamed chicken into the centre of the dish.

BOILED CHICKEN STUFFED WITH OYSTERS.

Prepare as usual for boiling or roasting, then fill body and craw with small oysters, which have been dipped in peppered and salted melted butter. Sew up in netting and boil twenty minutes to the pound if young, thirty minutes if old. Unwrap, wash over with butter and lemon juice; pour a few spoonfuls of oyster sauce upon them, the rest into a boat.

CHICKEN PIE.

This looks like a lot of bother, but it is worth it. Select a yellow Philadelphia fowl weighing four or five pounds; clean carefully, singe and put it on in boiling water enough to cover it, and let it simmer gently until it begins to grow tender. Save this broth with the giblets. Now cut the chicken in small pieces; slice a quarter of a pound of fat pork very thin and fry it with the chicken until it is brown. After the chicken and pork are fried take them up and stir into the pan in which they were cooked a tablespoon of flour; stir it over the fire until brown; then add a pint of chicken broth, a teaspoon of salt, quarter of a saltspoon of pepper. Stir this gravy until it has boiled two minutes and use it for the pie.

To make the crust: Mix together in a bowl with a knife one pound of flour, one teaspoon of salt, two tablespoons of butter and just enough cold water to hold it together. Roll it out about an inch thick; cut a quarter of a pound of butter in large slices and lay it all over the paste; fold it and wrap in a floured towel and put in the icebox for half an hour. Roll it out, repeating same with another quarter pound of butter; roll it to a thickness of half an inch, fold it in three thicknesses and roll it out again. If the butter breaks through fold it again in a towel and cool for half an hour before using. Line a deep dish; then put in alternate layers of chicken.

POT-PIE.

The following receipt is good for any sort of pot-pie. They are all on the same principle. The meat is divested of the fat, and stewed

first in a pot by itself, saving the gravy. The paste (of which there should always be an ample allowance) sufficient to line the sides of the pot all around, and reaching up nearly to the top, besides plenty of small square pieces to intersperse with the meat, and an upper crust to cover the whole. At the very bottom the meat and gravy only, as there the paste might burn. Pot-pies may be made of any sort of fresh meat, or of fowls, or any sort of poultry (cut up, as if for carving), and previously stewed. If made of chickens, or pigeons, or rabbits, add a few slices of cold salt pork, and put in no other salt. For want of suet make the paste with butter, but it must be fresh and good. Allow a quarter of a pound of butter, and two teaspoonfuls of baking-powder, to a large quart of flour.

CHICKEN PATTIES.

Remove the skin from the white meat of a cold boiled or roast fowl; chop fine, and to every teacupful of the meat, allow a tablespoonful of cold boiled or baked ham, finely minced. Put these in a saucepan on the stove, add a gill of cold gravy, if you have it, or the same quantity of hot water, a quarter of a teaspoonful of grated lemon-peel, a little mace or nutmeg, and salt and white and cayenne pepper to taste. When hot add a tablespoonful of flour, rubbed smooth in a like quantity of butter; let simmer a few minutes; remove from the fire, and add four tablespoonfuls of sweet cream. Line some patty-pans with puff-paste, rub the edge of the crust with melted butter to prevent the cover from sticking, put a piece of bread in each patty-pan, put on the top crust—roll thin, and bake in a quick oven. When done remove the top, take out the bread, fill with the prepared chicken; return to the oven for a moment, and serve.

CHICKEN CROQUETTES.

One cold boiled chicken chopped fine; then take a pint of sweet milk, and when the milk is boiled stir into it two large tablespoonfuls of flour, made thin in a little cold milk; after the flour is well cooked with the milk, put in a piece of butter the size of an egg; add salt and cayenne pepper; stir all well into the chicken; roll up with your hand, and dip first into an egg beaten up, then into crackers rolled fine, and fry in hot tallow (fresh tallow, half and half lard, is very nice).

WITHOUT A PEER

Londonderry & Lithia Water



PURE
SPARKLING
DELICIOUS

THE FAVORITE
WITH EPICURES

SERVED AT ALL LEADING CLUBS
HOTELS AND CAFES
WITH DEALERS EVERYWHERE

CURRIED CHICKEN.

Cut in thin slices two large onions; peel, core and chop one apple; fry these in two ounces of butter until a nice brown; then add one dessertspoonful of curry powder, one teaspoonful of flour, one teaspoonful of sugar, half a pint of gravy, and pepper and salt to taste. Cut the meat from the remains of a cold roast fowl in neat slices; add to the gravy and allow to simmer for fifteen minutes. Add a tablespoonful of lemon juice, and serve with a border of boiled rice.

CHICKEN WIGGLE.

A cupful of chicken cut into dice is needed, and a cupful of canned corn or peas, free of liquid, is also necessary. Make a generous cream sauce, using three tablespoonfuls of flour and of butter, with a cup and a half of milk. The butter is melted in the chafing-dish, the flour and seasoning of salt and pepper added, then the milk and finally the chicken and vegetables. If it is desired to serve a number of persons, four eggs may be boiled hard and cut lengthwise into quarters, two cupfuls of milk being used for the sauce, with a slight increase in the quantity of flour for thickening. Better than black or white pepper is a little paprika, or, by way of variety, occasionally use curry powder.

POTTED CHICKEN.

Cut the meat from the bones of a cold roast fowl; remove the gristle and skin, and to every pound of meat allow one-fourth pound of butter; salt and cayenne to taste, and a very small quantity of grated nutmeg or mace. A little boiled ham or tongue will improve the flavor. Cut the meat in small pieces, and pound it in a mortar with the butter until a smooth paste, adding very gradually the seasoning. Pack in small jars to within an inch of the top; fill the remaining space with clarified drippings, taking care that the drippings adhere to the sides of the jar, and thus effectually exclude the air. Nice for luncheon and tea, also excellent for sandwiches. The remains of almost any cold meat, poultry or fish may be potted, if freed from gravies and everything that could interfere with the keeping qualities. In winter they will keep a long time, but in summer they must be eaten sooner.

JELLIED CHICKEN.

By exercising a little forethought when preparing chicken for roasting, you may secure a delicious dish of jellied chicken without at all interfering with your roast. For this purpose save the neck, giblets and feet; if the latter are allowed to stand in scalding water a few minutes the skin can be easily removed; take off also the nails. As the feet are very rich in jelly, they are an important factor in the dish we are preparing. Cut the meat from the remains of your roast fowls in neat pieces, removing all skin and gristle. Break the bones and put them in the saucepan on the stove with the feet and other giblets; add a quart of water and simmer two hours; skim if necessary. It should be moist as you can work it; make in little rolls two or three inches long and an inch in diameter; handle carefully that they may not break apart; dip in beaten egg, roll in cracker dust and fry in hot drippings until a nice brown; two minutes will be long enough to fry them. A teacupful of boiled rice may be used instead of the bread.

CHOP SUEY.

(A Chinese recipe.)

One-half chicken (or quarter chicken and as much fresh pork, or you can make it all pork, but chicken is much better), one large onion, a handful of mushrooms, a stalk of celery, six Chinese potatoes, a bowl of rice, a small dessert dish of Chinese sauce (which answers for salt).

When the chicken is cleaned scrape the meat from the bones and cut into strips about one and a half inches long and one-half inch wide. If pork is used, cut the strips the same length. Slice the onions thin; soak the mushrooms ten minutes in water, then remove the stems; cut the celery into pieces one and a half inches long. Chinese potatoes require no cooking; simply wash and slice.

First put chicken (or chicken and pork, or pork) into a frying-pan with fat and fry until done, but not brown or hard. Then add the sliced onions and cook a little. Add mushrooms. Now pour enough sauce over the ingredients to make them brown. Then add some water and stew a few minutes. Add celery, and after a minute add the potatoes. Finally, add a little floured water to it, making gravy of the water which stewed it.

The Chinese potatoes, mushrooms and Chinese sauce can be procured at any Chinese grocery. If the rice is not cooked properly it will detract greatly from the good taste of the chop suey. Otherwise it is a very palatable dish.

ROAST TURKEY.

Clean, wash and wipe dry. Rub with salt inside. Fill with dressing made of bread crumbs soaked in cold water and squeezed out as dry as possible, and seasoned with butter, pepper, salt and sage to taste (or any other dressing preferred), then sew up and truss. Put in the roasting-pan with water and a large piece of butter, sprinkle with pepper and salt, a few bits of butter, or what is better, a few very thin slices of fat, salt pork. Baste often until nearly done. Chop the giblets fine and cook in a small saucepan on the stove until tender; when the fowl is done, add them to the gravy, which thicken with wetted flour. Bake the fowl until tender and a rich brown.

A turkey must be young to be tender when roasted. An old one is better boiled or steamed. The same may be said of chickens. A goose should be parboiled before roasting. Domestic ducks require more cooking than wild ducks or other game.

ROAST TURKEY.

Select a plump turkey, and when it has been carefully prepared, picked, singed, drawn, washed, wiped and trussed, season inside with pepper and salt, and stuff with any dressing or force-meat preferred; sew up the opening with strong, not coarse, thread. Put the fowl into a baking-pan with two or three ounces of butter and roast in a hot oven until well done, basting frequently (I had almost said constantly), first with the butter and then with the drippings. Do not forget that the basting is an important part of the process of baking all kinds of meats, especially that of fowls; if this is neglected the meat will be dry and hard, instead of tender and juicy. Allow at least five hours for baking a large turkey and keep the oven hot from the moment the fowl is put into it until it comes out brown, tender and toothsome. Boil the giblets and neck in a pint of water until tender, then mash the liver and chop the gizzard as fine as possible and add them to the gravy, which make as follows: When you take the turkey from the baking-pan, pour off the drippings, set the pan on the top of

the stove; add the water in which the giblets were cooked — there should be at least two-thirds of a pint—rub the glaze from the bottom of the pan with the back of a spoon; let boil up and add the prepared giblets, thicken with browned flour; season with pepper and salt, send to the table in a gravy tureen. Serve cranberry sauce or jelly, currant jelly or spiced currants, with roast or baked turkey.

Boiled turkey, gourmands know, of course,
Is exquisite with celery sauce.

BOILED TURKEY.

Prepare as for roasting, with or without dressing, as you prefer; let the fowl be very firmly trussed and tied in position; put it into just sufficient boiling water to cover it, add plenty of pepper and salt and a tablespoonful of lemon juice; boil very slowly until tender, turning once or twice, particularly if the water does not cover the fowl. The length of time required will depend upon the age of the turkey. When the breast and thigh can be easily pierced with a fork it is *nearly* done; but do not remove from the kettle until it is very tender. Serve with oyster, parsley or cauliflower sauce, using some of the liquor in which the turkey was boiled for preparing it. Reserve the giblets and the remainder of the boiling liquor for soup.

OYSTER STUFFING FOR TURKEY.

Make a stuffing for turkey in the ordinary way of dried bread crumbs seasoned with parsley, thyme and sweet marjoram, and moistened with melted butter. To this add twenty small oysters chopped fine, and with this stuff the breast of the turkey.

Or to the ordinary seasoned bread-stuffing for a turkey add two dozen small oysters, moisten the crumbs slightly with the oyster liquor, and fill the breast of the turkey with the mixture.

CHESTNUT STUFFING FOR TURKEY.

Boil one quart of the large French or Italian chestnuts, shell and peel them. Mash smooth and rub into them two tablespoonfuls of butter, and salt and white pepper to taste. Stuff the turkey with this as you would any other kind of dressing.

FILLETS OF TURKEY WITH RICE.

Skin the breast of a plump turkey, and slice away the breast. Use a sharp knife and hold it almost horizontal while at work. The slices should be nearly half an inch thick, and as nearly uniform in size as possible. Dip in beaten egg, then in salted and peppered cracker crumbs; again in the egg, and once more in the crumbs. Set on the ice while you cook the rice.

Put one cupful of clear chicken or turkey stock into a saucepan; add a cupful of rice, one-half teaspoonful of onion juice, and the same of salt, and simmer slowly until the liquid is absorbed. When the rice is tender add two tablespoonfuls of butter; one tablespoonful of grated cheese, and season to taste. Cover and let it stand at the side of the fire until the fillets are ready. Heat five or six spoonfuls of pure salad oil slowly in a frying-pan, and when it boils, cook the fillets in it to a nice brown. Mound the savory rice in the centre of a hot dish and lay the fillets about it.

When properly made this is an elegant *entree*.

RISSOLES.

Chop fine the remains of cold baked or boiled turkey, having first removed the skin and gristle; put it in a saucepan on the stove with an ounce or two of butter and a half a teacupful of finely-chopped cold boiled ham or tongue for every teacupful of the hashed turkey; add a slice of bread soaked in cold water until moist, and then squeeze dry. Season with white pepper, salt, parsley, grated lemon-peel and nutmeg. When thoroughly heated remove from the fire and add half a teacupful of sweet cream and two well-beaten eggs; mix thoroughly. Have ready some puff-paste—the trimmings from pies and tarts will do—roll thin and cut in circular pieces with a tumbler or tin cutter. Put a tablespoonful of the meat on one-half of each piece, fold the other half over, pinch the edges together and fry a nice brown in hot drippings.

GRILLED TURKEY.

The drumsticks of a cold turkey are the parts usually served in this way, but other pieces may be used for this purpose. Score the meat deep and dip it in a dressing prepared as follows: A little more

than half a tablespoonful of sharp vinegar, one tablespoonful of any kind of catsup, a small teaspoonful of mustard, a little cayenne and a tablespoonful of salad oil or melted butter. Stir and beat these ingredients thoroughly; dip the meat into the dressing, taking care that it has a good coating of it. Have the gridiron hot, rub it over with a piece of suet, lay the meat on it and broil over a clear fire, turning often, until nicely browned. Remove to a hot platter, put some bits of maitre d'hotel butter on the meat, set in the oven a moment, and serve. The legs of cold boiled or baked chicken, or pieces of rare mutton, or beef, may be served in this way.

TURKEY GELATINE OR BONED TURKEY.

Dress without cutting the skin on the breast; remove the neck, wings and legs; cut the fowl in two down the back; now begin at the edge and cut the meat from the bones as closely as possible, keeping the skin whole. Cut the breast or fillets from the bone without breaking the skin. When you have removed the bone from both sides of the fowl, spread the skin with what meat adheres to it on a clean meat board. Prepare a force-meat of two pounds of veal, a quarter of a pound of cooked fat pork or bacon, and the meat from the leg of the fowl; chop fine, and season with pepper, salt, nutmeg, grated lemon-peel and chopped parsley. Put a layer of this force-meat on the inside (which has been placed uppermost) of the turkey skin; on this put a layer of the fillet cut in inch-square pieces and season with pepper and salt; now add a layer of dressed oysters, those from which the stomachs, or dark portions, have been removed; also season with pepper and salt, then another layer of force-meat. Roll up the turkey, sew it in shape with a darning needle and a strong thread; tie it in a piece of clean netting and put it into a clean saucepan and with enough hot water to cover it; add the turkey bones, broken, a small onion stock with three or four cloves, two or three carrots, half a dozen celery stocks, and a small piece of red pepper. Remove the scum as it rises; boil very slowly four hours; then remove from the fire and let stand until nearly cold; take from the saucepan, tighten the cloth, and put a light weight on it until cold and solid. Strain the liquor in the saucepan and clarify after directions given for clarifying soups and stock. Return to the fire, add a glass of sherry or a squeeze of lemon juice; boil, until when cold it will be a stiff jelly; test by cooling a little on the ice or a cold plate. Take the cloth from the

gelatine, put it into a deep dish and pour the jelly while yet warm over it. Send to the table enveloped with the jelly; slice when serving. Gelatines will keep in winter a week or two, and are a very convenient dish for luncheon or tea. They are an elegant form of cold meat often served at parties, the fact that they may be prepared several days before they are wanted being a not unimportant consideration. Chicken gelatines may be prepared in the same way.

TURKEY ON TOAST.

Take the remains of yesterday's turkey and remove all the meat from the bones; chop rather fine; put two ounces of butter into a saucepan on the stove, add, if liked, a teaspoonful of minced shallot or onion, and a tablespoonful of chopped parsley; then simmer until the onion is slightly colored, then put half a teacupful of hot water, or better still, cold gravy, into the saucepan; when it is hot, add the meat, which season with pepper and salt. Toast five or six small slices of bread, or a piece for each person to be served, remove the crust, arrange on a hot platter, heap the hashed turkey on the toast, and serve.

ROAST DUCKS.

Draw and clean, washing the inside in three waters, the second having a teaspoonful of baking-soda mixed with it.

Plunge into ice-cold water; leave them there for fifteen minutes; wipe well inside and out, and stuff with a force-meat of dry crumbs seasoned with salt, pepper, onion juice and finely minced parsley.

Personally, I do not like sage in the stuffing. It gives a "medicated tang," to my way of thinking—or tasting. Many people, however, insist upon adding the venerable simple to the force-meat. Do not moisten the stuffing. Put it in dry, packing well. Dredge the ducks with peppered and salted flour; lay upon the grating of your roaster, pour a cupful of boiling water over them, and roast, covered, from twelve to fifteen minutes to the pound, according to age. Baste four times with the gravy from the dripping-pan. Uncover, wash with butter, dredge with flour and brown.

To make the gravy, drain off the liquor from the pan; set in ice water to throw up the grease, strain, add the giblets minced very fine, thicken with browned flour, and boil for two minutes. Serve with currant jelly, or apple sauce, and pass green peas with them.

CREOLE SALMI OF DUCK.

Melt in a saucepan two tablespoonfuls of butter, and stir into this a half tablespoonful, each, of chopped ham, onion, celery, sweet pepper and parsley, with a tablespoonful of flour, a quarter of a teaspoonful of salt, and a half teaspoonful of paprika. Stir for three minutes, then add a cupful of consomme, two cloves and a blade of mace. Simmer for an hour; strain and add to it two cupfuls of cold duck, cut into neat pieces an inch long. Boil one minute to heat the meat thoroughly, and serve.

Garnish with sippets of fried bread.

STEWED DUCK.

Cut the duck in suitable pieces. Put two ounces of butter in a saucepan, in which fry one finely-chopped onion and three or four sprigs of parsley; add the duck and allow to brown; then add sufficient hot water to cover, two cloves, one sage leaf, dried and powdered, and pepper and salt. Cover closely and allow to simmer until tender; keep the same quantity of water in the saucepan by adding more as it boils away. Thicken the gravy with browned flour, add a squeeze of lemon juice and serve. Garnish with croutons.

BRAISED DUCKS.

Young ducks are essential for this purpose. Lay three slices of fat corned ham upon the grating of your roaster, and upon them a minced onion, a stalk of celery, chopped, a sliced carrot and a tablespoonful of chopped parsley. Clean and truss, but do not stuff the ducks; lay them upon the prepared "bed," and pour a cupful of boiling water over them. Cover the pan and let them cook, closely covered, in a moderate oven for about two hours. Take up the ducks, strain the liquor from the pan, and let it cool enough to remove all the fat. Then put it into a saucepan, and let it boil. Add one teaspoonful of lemon juice, and thicken it slightly with browned flour. Return the fowls to the sauce till hot again, then serve with the sauce poured over them.

FILLETS OF DUCK.

Remove the breasts whole; if too thick, cut them in two lengthwise; dip in melted butter and broil over a clear fire, turning often

until well done and nicely browned. When done, dust with white pepper and salt, and serve on buttered toast. The remainder of the duck can be stewed or fricasseed.

GEESE.

ROAST GOOSE.

Draw, clean, singe and truss as you would prepare a turkey. Always put onion and a suspicion of sage in the stuffing. Lay upon the grating of your roaster; pour a cup of boiling water over him to cicatrice the skin and keep in the juices, and roast, covered, twenty minutes to the pound if of reasonable age. If of unreasonable, cook slowly, basting often with the liquor in the dripping-pan, at least half an hour for each obdurate pound. A goose is a most uncertain quantity.

At the last, wash with butter, pepper and salt him, and dredge with flour, then brown. Drain off and skim the fat from the gravy before you season the goose. Goose-grease is valuable in the domestic pharmacopœia, but neither palatable nor wholesome.

Thicken the gravy with browned flour, add the giblets minced very fine, boil up and it is ready.

Serve apple sauce with him.

TO COOK A GREEN GOOSE.

Geese are called green until they are about four months old, and should not be stuffed. After they have been properly dressed, truss them after directions given for roast goose, then put into the body a seasoning of pepper and salt and butter enough to moisten the inside. Roast in a hot oven, basting constantly until well done and nicely browned. Garnish with water-cresses.

BRAISED GOSLINGS.

Clean and truss without stuffing. Prepare a bed for them by slicing a carrot, an onion, a turnip (all younglings, like the birds), also a pared apple, and cutting a stalk of celery into bits. With these cover the grating of your roaster; lay the birds upon them, dredge with salt, pepper and a little powdered sage, when you have poured a

little boiling water over them from the kettle. Cover, and roast slowly fifteen minutes to the pound. Wash with butter, dredge with flour and brown.

Take the goslings up and keep hot while you make the gravy. Rub vegetables and liquor through a colander into a bowl. Set this in cold water to throw up the grease. Skim, thicken with browned flour, adding two teaspoonfuls of tomato catsup, boil up and serve.

Serve apple sauce and green peas, or Lima beans, with the goslings, which are most eatable when half-grown.

HASHED GOOSE.

Cut up the remains of cold roast goose into pieces of convenient size; the inferior joints and trimmings put into a stew-pan to make the gravy. Put two ounces of butter into a saucepan on the stove; slice two small onions and fry them in butter until a very pale yellow; add these to the trimmings, pour over them about a pint of boiling water; stew these gently for three-fourths of an hour, then skim and strain the liquor. Thicken with browned flour, add two tablespoonfuls of port wine and the same quantity of any kind of catsup; add a seasoning of pepper and salt and put in the pieces of goose; let these get thoroughly hot but do not allow to boil. Garnish the dish with croutons.

GAME.

Use fresh game; avoid stale or rippered game, as dealers call it.

Venison can be used within a few hours after being brought in, or as soon as it becomes perfectly cold. Those who have never had the pleasure of eating fresh venison do not know how excellent it really is.

The smaller animals, such as rabbits and squirrels, should be put into slightly salted water for a short time before cooking.

All game birds should be plucked or skinned, and drawn as soon as possible after being killed, that the meat may not become tainted by the contents of the intestines.

A bird to be properly plucked should have *every* pin feather removed; singe by holding over a blazing paper, over the open stove, or by setting fire to a tablespoonful of alcohol on a plate, holding the bird over it; then draw, cut off the head and feet, and be sure to cut out the oil bag from the tail, and see that every particle of the wind-pipe is removed. The giblets are the liver, heart and gizzard.

Cut the gall-bag carefully from the liver.

Cut the heart partly open or press it between the thumb and finger, that no blood may remain. Wash all parts carefully in clear, cold water. Do not parboil game, nor use too many spices in seasoning it—its peculiar flavor should be preserved.

BREAD SAUCE FOR GAME.

Prepare a pint of sifted bread crumbs; put two-thirds of a pint of milk in a saucepan on the stove; add a scant teaspoonful of grated onion; season with cayenne pepper, salt, a little nutmeg or mace; let boil five minutes very slowly, add half the bread crumbs. Fry the remainder in an ounce of butter until quite dry and a golden brown. After the game is dished, sift the fried bread crumbs evenly over it, and pass the white sauce, or put a tablespoonful on each plate.

In venison gravy, currant jelly
Mix with old port—see Francatelli.

SADDLE OF VENISON.

This is the cut of venison *par excellence*, and should always be roasted either before the open fire, or in a *hot* oven. Lard the meat

thickly with fat pork or bacon, and sprinkle with salt; place in a baking-pan with a cup of water and two ounces of butter; baste often enough so that the meat shall not once become dry. Bake one hour for every three pounds; prepare the gravy in the roasting-pan, as for other baked and roasted meat; add three or four tablespoonfuls of currant jelly to the gravy, and put a mold of currant jelly on the table to be served with the venison.

BAKED HAUNCH OF VENISON.

Trim in good shape, and wipe first with a wet cloth, and then with a dry one; brush it over with melted butter, and put it into a baking-pan with a cup of hot water, and two or three ounces of butter; bake in a hot oven, baste continually until done, which will require at least five hours, if the haunch is a large one. Remove to a hot platter; put the baking-pan on the top of the range, add a cup of hot water, a seasoning of cayenne and salt, half a teacupful of currant jelly, a glass of port wine or sherry, and a little grated nutmeg; thicken with browned flour, and serve. A very nice plain gravy may be made without either wine or jelly. The above is the simplest way of preparing this roast. It will be more savory and juicy if covered, while baking, with a paste made of flour and water; remove the paste half an hour before the meat is taken from the oven to allow it to brown. Baste with hot water until the crust is removed, and then add wine and butter.

VENISON STEAK.

Cut the steaks three-fourths of an inch thick, and trim them as you would beefsteak; place on a buttered gridiron and broil over a clear fire, turning often until well done—they should not be served at all rare. Remove to a hot platter; sprinkle with salt and pepper, and bits of butter; set in the oven a moment, and serve. Some cooks put a tablespoonful or two of melted currant jelly on the steaks; but the flavor of broiled venison is so delicious, that I dislike to recommend anything but a dressing of pepper, salt and butter for this delectable dish.

VENISON CHOPS.

Dip the chops in melted butter, and broil over a clear fire, turning the broiler often, so that every portion of the meat may be thoroughly

cooked. Season with pepper and salt. Have ready in a saucepan the following: A cupful of hot water, a tablespoonful of currant jelly, half a dozen peppercorns, two cloves; heat well together until the jelly is dissolved, then place the chops in the saucepan for five minutes, and remove to a hot platter, with the sauce poured over them.

STEWED VENISON.

The neck and shoulder pieces of venison make very savory stews. If a shoulder of venison is to be stewed, remove the bone through the under side and fill the space made of bread crumbs seasoned with butter, cayenne, salt and sherry or port wine; a slice of fat mutton finely minced, will be an improvement to the dressing. Bind the shoulder in shape with strips of tape or white cloth. Put to cook in a stew-pan with enough stock—made from the trimmings—or hot water to cover it; add salt and cayenne, and if liked, a glass of wine; allow to simmer until very tender. Remove the bands, and dish; strain the gravy, thicken with browned flour, and add butter if necessary. Send to the table in a gravy tureen. If desired the shoulder may be browned in the oven after it is removed from the stew-pan.

VENISON PIE.

Cut the venison into strips two inches long, and an inch wide. Put into a stew-pan with sufficient hot water to cover; add pepper, salt, half a dozen whole allspice, two cloves, and a glass of port wine; remove the scum and allow to boil very slowly until tender; as the water boils away, replenish so as to keep the original quantity, thicken the gravy with two or three tablespoonfuls of browned flour rubbed smooth in the same quantity of butter. Put the fricassee into a baking dish, cover with a puff-paste, brush over with beaten egg, and bake. If the crust browns too quickly, cover it with a piece of buttered paper.

VENISON HAM.

Dried venison is a rare delicacy; the ham is the part generally used for drying; prepare as follows: Trim the ham in good shape; rub over with a mixture of sugar and salt in equal parts; repeat the process every other day for eight or ten days; then dust over while moist,

FADS FREAKS FLASHES AND FANCIES

HAVE THEIR BRIEF DAY
THEN FALL BY THE WAY BUT



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REPUTATION AND PUBLIC FAVOR MORE
THAN FIFTY YEARS AGO AND IS TO-DAY
THE MOST POPULAR WHISKEY ON THE
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with clean, sweet, wheat bran, and smoke or dry as preferred. It is more wholesome, and to most tastes more palatable, if dried without the flavor of smoke. Two ounces of saltpetre rolled fine and added to the sugar and salt will improve the color of the venison. Serve raw and in very thin pieces, cut across the grain. Dried venison may be prepared after either of the recipes given for dried beef.

ROAST WILD TURKEY.

Pluck, draw, wash thoroughly; lay in salted cold water for half an hour; rinse in cold water, wipe dry, rub inside with salt, fill with a dressing of moistened bread crumbs, seasoned with butter, pepper, salt, and a little sage (or any other dressing preferred), and sew up the opening. Some like the flavor a small onion chopped fine gives to the dressing. Place the turkey on its back in the roasting-pan, with a cupful of hot water and a generous lump of butter. Lay a few slices, cut very thin, of salt fat pork on the breast to season it while cooking. Cut the rind from the pork. Sprinkle the bird with a little salt. Baste frequently from the water in the pan until nearly done, or the meat will be dry. From an hour and a half to two hours will be required. Cook the giblets in a saucepan, chop fine, and have ready to add to the gravy after the turkey has been taken from the pan. Add more hot water to the pan as it may be needed. When done place the turkey on a hot platter, which garnish with water-cresses or parsley. A row of fried oysters may be placed around the platter next to the turkey. Thicken the gravy with flour and water, season with more butter, taste to see if salt enough, and, after adding the chopped giblets, send to the table in a sauce-boat.

ROAST WILD GOOSE.

Remove the feathers; dry, singe, draw, wash, lay in salted cold water for half an hour, rinse in cold water, wipe dry, rub inside with salt and fill with a dressing of moistened bread crumbs, butter, pepper, salt, a small onion and a small apple, both chopped fine, and a little sage. Sew up the opening, place the goose on its back in the roasting-pan with a cupful of hot water and a piece of butter. Sprinkle with salt and place a few thin slices of fat salt pork on the breast to season it while cooking. Baste from the roasting-pan frequently during the first hour, adding water when necessary. By using a fork carefully it

can be ascertained when the meat becomes tender. When done, place on a hot platter, and garnish with parsley. Drain the fat from the pan, add a cupful of hot water to the glaze, also a bit of butter, pepper and salt. Thicken a little with browned flour, strain, and send to the table in a sauce-boat. Serve the goose with the traditional stewed apple.

ROAST WILD DUCK.

Pluck, singe, draw, wash and lay in salt water for twenty minutes; rinse in cold water; wipe dry; season inside and out with pepper and salt; place in the roasting-pan, in which put a cup of hot water and a generous lump of butter, with which baste frequently. Have the oven hot; cook about thirty minutes. Do not fail to serve the bird *hot*, or it is better not to serve at all. Use the above rule in cooking duck for those fond of it served rare, especially hunters, whose daily bill of fare during their hunting excursions include game.

For a home party, little accustomed to or not particularly fond of game, use the following rule: Prepare the duck as above, and fill with a dressing of moistened bread crumbs, seasoned with butter, salt, pepper and sage (or any dressing preferred). Sew up the opening; place the duck on its back in the roasting-pan, in which should be a teacupful of hot water and a large lump of butter. Add water to the pan as required, for the flavor of the duck will be injured if allowed to scorch. Cover the breast of the duck with *thin* slices of fat salt pork (from which the rind has been removed) to season it, and in cooking it will shrivel and almost disappear. Be sure to baste frequently from the pan, until nearly done. The duck should be of a rich brown color, and very tender when done. The giblets should be cooked in a saucepan by themselves, chopped fine, and added to the gravy. Add a teacupful of water to the pan after the ducks are removed to the platter. Thicken the gravy with a little flour and send to the table in a sauce-boat. The oven should be hot and the ducks cooked from an hour to an hour and a half.

HASHED WILD DUCK.

One tablespoonful of butter, one cupful of stock, one tablespoonful mushroom catsup, one tablespoonful of flour, one tablespoonful of chopped parsley, one-fourth cupful of port wine, one cupful of finely-chopped cooked duck, pepper and salt.

Melt and brown the butter, add the flour, stir until browned. Add the stock and duck. Cook until thoroughly heated, then put in a farina boiler. Five minutes before the hash is to be served add the parsley, catsup and wine. Let stand only until heated and serve on toast or with croutons.

ROAST PARTRIDGES.

Select plump birds, pick and clean as you would chickens, washing them out quickly in cold water. To allow them to lie in the water injures their flavor. Tie the legs and wings closely to the sides and put the birds in a covered roaster with a cup of water under them. Rub with butter, dredge with flour and cook for half an hour. Now remove the cover of the roaster and baste the birds plentifully with melted butter. Replace the cover, cook for fifteen minutes longer, uncover and brown.

BROILED QUAILS AND WOODCOCK.

Clean and split down the back. Wash carefully and dry inside and out with a clean cloth. Leave on ice half an hour and broil over a clear, hot fire. Dish, pepper and salt, put a piece of butter upon, and lay under each bird a round of delicate toast.

QUAIL PIE.

Joint as you would a chicken for fricassee, cover the baking dish bottom with thin slices of streaky bacon, first partially boiled to extract the salt; cover with a good white sauce, a few mushrooms, or a little mushroom catsup, and some chopped parsley, then with puff-paste. Cut a slit in the middle; bake, covered, and slowly, one hour. Uncover and brown.

ROAST GROUSE.

Clean, rinse out well with soda and water, then with pure water; wipe inside and out, and cover with thin slices of corned ham—more fat than lean. Bind criss-cross with soft twine or narrow tape, pour a cup of boiling water over them, and roast forty minutes, basting with the gravy in the pan three times. Take off the bacon, wash the birds with butter, dredge with flour and brown while you make the gravy.

GROUSE KROMESQUES.

One tablespoonful of butter, one egg, one cupful finely-chopped cooked grouse, one cupful of finely-chopped ham or tongue.

Melt the butter, add the grouse and ham, and season to taste. Mix with the egg, and moisten with stock only if necessary. Make into small flat cakes and saute in hot fat.

REED BIRDS.

Pluck, draw, wash, wipe dry, rub a little salt inside, and put into a saucepan, with butter, pepper and a light sprinkling of salt over them. Watch constantly, turning often, that they may not scorch. A dozen birds will need a heaping teaspoonful of butter. Have a piece of toast ready for each bird on a hot platter. After placing the birds on the toast, add half a cupful of stock to the pan, and a squeeze of lemon juice; when heated pour a little on each bird, using the whole quantity of liquor. In the absence of stock, hot water may be used, and a little more butter added. Serve with slices of lemon.

TO COOK SMALL GAME BIRDS.

The small game birds, such as plover, snipe, quail and partridge, if young and fat, should be broiled or baked, but if lean, and perhaps tough, they will be better served in a brown fricassee. Dress them nicely and cut each bird into at least four pieces; then fry in a saucepan, with plenty of butter or clarified drippings, until a nice brown; add sufficient boiling water to cover; season with pepper and salt, put a tight cover over the saucepan, and allow to simmer until the birds are very tender; then remove to a hot platter, on which are some slices of buttered toast; thicken the gravy with browned flour, pour it over the birds and serve.

SALMI OF GAME.

One tablespoonful of butter, one tablespoonful of flour, one cupful of stock, one teaspoonful of catsup, one-fourth teaspoonful of lemon juice, six button mushrooms, two or three drops of onion extract, one cupful of cooked duck, cut in even, delicate pieces.

Melt and brown the butter, add the flour and stir until browned. Add the stock, stir until it begins to thicken, then add the meat and

mushrooms. Stir gently until thoroughly heated and when ready to serve add the catsup, onion extract and lemon juice. Season to taste with salt and pepper and serve.

ROAST PARTRIDGE.

Pluck, draw, wash and wipe dry; rub with salt inside and out; place in the roasting-pan with a cupful of hot water and two ounces of butter. Put a thin slice of fat salt pork on each bird. Be sure to baste often; have a moderately hot fire. About forty minutes will be required, but it will depend upon the size of the birds. When done, remove to a hot platter, and serve with a plain gravy, as with chicken; or a cupful of stock and half a cupful of claret may be added to the roasting-pan after removing the birds. Allow the liquor to come to a boil, strain, and send to the table in a sauce-boat. Garnish with cresses or parsley. If preferred, fill the birds with a dressing, the same as chicken.

BROILED PARTRIDGE.

Pluck, draw, remove the head and feet; cut in two, wash, wipe dry, dip in melted butter, and broil over a clear fire until well done, and of a nice color. Sprinkle with pepper and salt. Put a teaspoonful of melted butter on each bird. Garnish with curled cress, or water-cresses, or pieces of lemon.

PARTRIDGE FRICASSEE.

Prepare the same as a chicken; wash well, put in a saucepan with hot water enough to cover, replenishing it if it boils away. Remove the scum as it rises, cook until tender, and thicken the gravy with flour and water. Season with butter, pepper and salt; put a little salt into the water when first put over to boil. Have ready hot biscuit, split, and laid on a hot platter. Pour the meat and gravy over them and send to the table hot.

ROAST SQUAB.

Pluck, wash, drain, rub each one on the inside with a little salt, and place in a row in a roasting-pan, with a *very thin* slice of fat salt pork, about an inch square on each bird; sprinkle a very little pepper

over them. Place the pan in the oven; put a piece of butter and a little hot water into it. Baste frequently. Use only water enough to cover the bottom of the pan, and by tipping it a little there will be enough for basting. When done, if there is not a tablespoonful of liquor for each bird, add a little water.

Place on a hot platter, pour the liquor over them and send to the table garnished with water-cresses.

BROILED SQUABS.

Pluck, remove head and feet, draw, wash, and wipe dry, split down the back, and press them open to flatten them. Dip in melted butter, and broil over a clear, steady fire until done, and of a nice delicate color; then sprinkle with a little pepper, salt and bits of butter. Send to the table on hot buttered toast on a hot platter. The toast should be made before beginning to broil the birds, and placed together, and put into the oven to be ready for use.

STEWED WILD PIGEONS.

Wash well, when you have cleaned them, rinsing out with soda and water, and leave in salt and water for an hour. Chop fat corned pork fine, season with onion juice and paprika, and put a teaspoonful into the body of each bird. Truss neatly, winding the body about with soft thread, and put into a saucepan. Cover with cold water and simmer gently until tender. Take up then and lay in a fireproof dish. Wash with butter beaten to a cream with lemon juice, onion juice and finely minced parsley. Cover and set in the oven over hot water.

Thicken the gravy with browned flour, beat in a great spoonful of currant jelly, add two dozen champignons cut into halves, boil one minute, return the pigeons to the gravy and simmer ten minutes.

SQUAB, OR YOUNG WILD PIGEON PIE.

Skin, draw, wash, and put into a stew-pan with barely enough water to cover them, also a pinch of salt and a tablespoonful of lemon juice. Cook gently until tender, replenishing the water if it boils away, so as to keep about the same quantity. When done, add a little butter and pepper, thicken a little with flour and water, smoothly stirred together. Let it boil up, taste, to see if sufficiently seasoned;

then draw to the side of the stove, and dip out into a baking dish, which cover with a crust made as for biscuit, or a puff-paste may be used.

PIGEON PIE.

Skin, draw and wash inside and out, and cut into convenient pieces and put into a saucepan with sufficient hot water to cover; add a tablespoonful of lemon juice, a piece of red pepper, and salt. Cook very slowly until tender, keeping the same quantity of water by replenishing as it boils away. When done thicken the gravy with two tablespoonfuls of flour rubbed smooth in the same quantity of butter; put the pigeons with the gravy into a deep baking dish and cover with a crust made as for soda biscuit. Brush over with beaten egg and bake until the crust is done. Serve in the baking dish.

COLD ROAST BIRDS.

Both game birds and poultry that have been nicely roasted are much nicer served cold for luncheon or teas than they are in any of the warmed-over or made dishes, however elaborate the preparation. If the bird has not been carved, put it on the table whole and garnish with cress or parsley; but if it has been cut from and is, therefore, unsightly, cut the meat from the bone in neat slices, arrange on a platter, and garnish as before. Parts that cannot be cut into presentable pieces, can of course be minced and warmed. Cold roast meats are equally desirable, veal and lamb being especially delicious when cold.

PIE OF SMALL BIRDS.

English sparrows, blackbirds, ricebirds and snipe may be used.

Clean and stew the birds for half an hour in weak stock. Let them get perfectly cold in this gravy; take out, put an oyster in the body of each. Arrange around the inside of your bake-dish, the necks all against the rim, the tails pointing toward the centre. Put a bit of butter upon each breast and sprinkle very finely minced salt pork over all. Thicken the gravy with browned flour, season well and pour upon the birds. Cover with a good crust, cut a slit in the middle, and bake, covered, half an hour. Then brown.

ROAST RABBIT.

Dress, removing the head and feet, and lay in salt water about half an hour, then rinse in cold water, wipe dry, rub inside with salt, fill with a rich dressing of moistened bread crumbs, butter, pepper, salt and a little sage (or any other dressing preferred). Sew up the opening, and place the rabbit in the roasting-pan, sprinkle with pepper and salt, and lay a few slices of fat salt pork along the top; cut the slices as thin as possible. Place in a moderately hot oven and baste frequently. Be sure that it is well cooked; a little over an hour may be required. Baste with the butter and water that should be put in the roasting-pan. Garnish with slices of lemon. Thicken the gravy and send to the table in a sauce-boat.

FRIED RABBIT.

Prepare as for rabbit fricassee; after removing from the salt water and rinsing, wipe dry and place on a plate. Obtain a little fat by frying a few slices of fat salt pork, remove the pork and add a generous piece of butter. Put the pieces of rabbit in the pan, sprinkle with pepper and salt and cook until well done and of a nice color, and send to the table hot. Garnish with slices of lemon and cress. If preferred, before frying, dip the pieces in beaten egg, then in cracker dust, or very fine bread crumbs. For frying the rabbit should be very tender.

RABBIT FRICASSEE.

Skin, remove entrails, feet, head and neck of two rabbits; wash, cut into pieces, and lay in salted cold water for half an hour; rinse in cold water, then put into a saucepan, with hot water enough to cover. Put in a pinch of salt. Remove the scum as it rises. Cook until tender, thicken with flour and water, add a squeeze of lemon juice, butter, and a little pepper to season it. Serve at once on a hot platter.

CURRIED RABBIT.

One cupful of finely-chopped cooked rabbit meat, one-half teaspoonful of onion juice, one teaspoonful of curry powder.

Make a brown sauce, add the rabbit meat and season with the curry powder and onion juice. When thoroughly heated serve with rice.

RABBIT PIE.

Clean, wash and joint, cutting each back into three pieces. Leave in salt and water for half an hour; wipe, and rub well with lemon juice, salt and pepper; where the meat is thick, make several cuts with a knife that the seasoning may penetrate. Lay them in a saucepan, add cold water to cover, then put in a bay leaf, eight peppercorns, a bit of mace and two sliced onions. Cook slowly till the meat is tender. Have ready a buttered bake-dish and when the meat is cool lay within this, alternately with sliced boiled eggs, a few minced olives and a dozen tiny young onions which have been parboiled. Thicken with browned flour the liquor in which the rabbit was stewed, and add more salt if needed. Strain it over the meat, using enough to make it quite moist. Cover the dish with a rich pastry or baking-powder crust, make a wide cut in the centre, and bake, covered, half an hour, then brown.

BROILED SQUIRRELS.

Skin, draw, wash, and lay in salted water ten minutes; rinse in cold water, wipe dry, and broil over a clear, steady fire until well done; then sprinkle with salt and pepper. Put on a hot dish, and pour over a little melted butter; cover closely and set in the oven for a few minutes. It is then ready to serve.

SQUIRREL PIE.

Prepare the squirrels as for broiling, then cut up and put in a saucepan with water enough to cover them. As soon as it boils up throw the water away and cover again with hot water, and boil until tender, then season with butter, pepper and salt. A little salt may be put in when the second water is put on. Thicken a little with flour and water stirred smoothly together, then draw to the side of the stove; taste to see if sufficiently seasoned, then dip into an earthen baking dish and cover with a crust made as for biscuit, or a puff-paste may be used. Make an opening in the centre of the crust an inch or two long to allow the steam to escape. Bake in a moderately hot oven until the crust is done and of a rich brown.

SAUCES.

GRAVY FOR ROAST BEEF.

Melt a little butter in a gill of water; pour it over a roast when put in the oven; place under it an earthen dish to catch the drippings; baste often for half an hour, then set it to cool; when cool, remove all fat, heat the gravy, and pour it over the roast.

PIQUANTE SAUCE.

One small onion chopped fine and fried with two tablespoonfuls of butter; when nearly done add a tablespoonful of flour and cook a minute; then add one cup of stock, seasoning, chopped cucumber, parsley and a little mustard; boil ten minutes, and when done add a teaspoonful of vinegar.

SAUCE FOR BOILED TURKEY OR CHICKEN.

Make as for caper sauce, using milk instead of broth or water, and add cauliflower cut into small pieces; or add lemon, and the livers boiled and mashed.

VEGETABLE SAUCE.

Equal quantities of ripe tomatoes and young okras; chop the okras fine, skin the tomatoes and slice one onion. Stew all together very slowly until tender, and season with half a tablespoonful of butter and a little cayenne pepper and salt. For cold meat.

DRAWN BUTTER SAUCE.

Two tablespoonfuls of butter, one and one-half cupfuls of boiling water, one tablespoonful of flour, salt and pepper to taste.

Melt the butter without browning, add the flour and stir until smooth. Add the boiling water gradually, stirring all the while, and cook until it thickens. For a simple drawn butter sauce, when served, a tablespoonful of butter cut in small pieces is added.

CAPER SAUCE.

Add two tablespoonfuls of capers to the above and cook until heated.

SHRIMP SAUCE.

Add to the above drawn butter sauce, the yolk of one egg and one-half of a cup of shrimps, cleaned and cut in pieces.

BEARNAISE SAUCE.

Yolks of three eggs, one teaspoonful of vinegar, three tablespoonfuls of white stock, three tablespoonfuls of olive oil, two or three drops of onion juice, salt and pepper to taste.

Beat the yolks of the eggs until very light. Add the stock and the oil gradually, stirring all the while. Put over the fire in a farina boiler and stir constantly until the eggs have thickened. Take from the fire, add the seasoning, mix well, and put away to cool. This sauce is served cold.

MAITRE D'HOTEL BUTTER.

One-fourth pound of butter, two dessertspoonfuls of minced parsley and pepper to taste, salt and a scant tablespoonful of lemon juice. Mix all well together, but do not stir more than is necessary. Pack in tiny jars, leaving half an inch space at the top, which should be filled with clarified butter or drippings; cover close and set away for use.

CREAM SAUCE.

The following is very nice for all kinds of baked fish, but especially for salmon or trout: Put two tablespoonfuls of hot water with a teacupful of sweet cream into a saucepan; stir in one tablespoonful of butter and a little chopped parsley. Set the saucepan into a kettle of boiling water; add the strained gravy from the dripping-pan, stir well together, boil up, take from the fire and add another tablespoonful of butter, then pour around the fish on a hot platter. Garnish daintily with parsley.

MINT SAUCE.

Three tablespoonfuls of chopped, fresh meat, a teacupful of vinegar, two teaspoonfuls of sugar in the vinegar, put into a glass can or bottle. It will keep well and can be used any time. Serve with lamb.

ONION SAUCE.

Peel six or seven good-sized onions, and boil tender, drain and chop fine. Heat one pint of milk in a saucepan, add one tablespoonful of flour, and two of butter, stir in the onions, season with salt and pepper; boil a few minutes, and serve with roast pork.

TOMATO SAUCE.

Two cupfuls of tomatoes, two slices of onion, two sprigs of parsley, one bay leaf, one leaf of celery, two cloves, one tablespoonful of butter, one tablespoonful of flour.

Put the tomatoes in a saucepan over the fire with the parsley, bay leaf, celery, onion and cloves. Simmer for twenty minutes. Press through a sieve. Melt the butter without browning, add the flour and stir until smooth. Add the strained tomato juice and cook, stirring gently until it thickens. Season to taste with salt and pepper.

SAUCE TARTARE.

One cupful of mayonnaise dressing, one tablespoonful of chopped pickles, one tablespoonful of capers, one tablespoonful of chopped parsley, half a teaspoonful of onion juice.

Mix the pickles, capers, parsley and onion juice carefully with the mayonnaise dressing just before using. Olives may be used in the place of pickles if the sauce is not desired so tart.

CURRY SAUCE.

To one pint of drawn butter add a tablespoonful of curry powder, wet with a little cold water; let it simmer two minutes, and serve with broiled or fried meats.

GIBLET SAUCE.

Boil the giblets until tender. Chop them, but not too fine. Put two tablespoonfuls of butter into a saucepan, with two tablespoonfuls of flour. Add slowly a cupful of the water in which the giblets have been boiled and a cup and a half of rich milk. Add to this the chopped giblets and season with salt and pepper. Serve in sauce-boat.

CAULIFLOWER SAUCE.

To a pint of white sauce add a cupful of chopped cauliflower. Reheat, and when ready to serve stir in a teaspoonful of butter and a tablespoonful of lemon juice.

CHAMPAGNE SAUCE.

Into one cupful of champagne put two cloves, four peppercorns, one bay leaf and a little sugar. Let all simmer for five minutes. Then add one cupful of brown sauce. Simmer for ten minutes more and strain. To be served with ham.

PARSLEY SAUCE.

Wash a bunch of parsley in cold water, then boil it about six or seven minutes in salt and water. Drain it; cut the leaves from the stocks and chop them fine. Have ready some melted butter, and stir in the parsley, allow two small tablespoonfuls of leaves to one-half pint of butter. Serve with boiled fowls and fish.

HORSERADISH SAUCE.

Into a cupful of drawn butter beat a great spoonful of grated horseradish wet with lemon juice, and work to creamy whiteness.

OYSTER SAUCE.

Put a dozen and a half of oysters into a stew-pan, with a teacupful of cold water; boil, skim and add a tablespoonful of butter and one of flour rubbed smoothly together, a little salt and pepper. Remove from the fire and add a little of the juice of lemon, and another tablespoonful of butter. Serve with boiled codfish, boiled chicken and boiled turkey.

CELERY SAUCE.

Boil half a cupful of minced celery in a cupful of hot water for fifteen minutes. Strain through a cloth, pressing hard. Return the liquor to the fire and boil up. Then cook with it a roux made of two tablespoonfuls of butter and the same of flour. Have ready the yolk of an egg, beaten light. Pour the hot sauce upon it, stir less than one minute over the fire, season with salt and paprika and pour out.

A nice accompaniment to boiled fowl and to boiled mutton.

MUSHROOM SAUCE.

One tablespoonful of butter, one tablespoonful of flour, half cupful of cream, half cupful of mushroom liquor, half can of mushrooms, salt and pepper to taste.

Cut the mushrooms in halves with a silver knife. Proceed as directed for the white sauce, adding the mushrooms just as the sauce begins to thicken. They should cook only long enough to be heated through and the sauce be served at once.

WHITE SAUCE.

One tablespoonful of butter, one cupful of milk or white stock, one tablespoonful of flour, salt and pepper to taste.

Melt the butter without browning; add the flour, stir until it is blended and smooth. Add the liquid, stir until it thickens, season and serve.

This is the basis for a large quantity of sauces which are used with fish, boiled fowl, roast turkey and chicken, veal and chicken croquettes, sweetbreads, many vegetables and eggs in various forms.

BECHAMEL SAUCE.

Use one-half of a cupful of stock and one-half a cupful of cream. When ready to serve add yolk of one egg.

SAUCE SUPREME.

Use one cupful of chicken stock, and when ready to serve add the yolks of two eggs.

EGG SAUCE.

To the white or cream sauce add two hard-boiled eggs cut in slices, and one tablespoonful of chopped parsley.

BROWN SAUCE.

One tablespoonful of butter, one tablespoonful of flour, one cupful of stock or water, salt and pepper to taste.

Melt the butter and brown; add the flour; stir until smooth and thoroughly browned. Add the stock, stir until it thickens, season and serve.

It takes much longer to make a brown than a white sauce, as browning flour hardens the starch grains so they do not readily expand and thicken the sauce.

From this sauce are made many, adding different flavorings, such as catsup, curry powder, Worcestershire sauce, etc. Brown sauce and its variations are served with dark-colored meats, game, ham, cutlets, etc.

ASPIC OR ORNAMENTAL SAVORY JELLY.

Remove the fat from three slices of ham, cut in small pieces and lay in the bottom of a stew-pan; now cut in small pieces four pounds of knuckle of veal and any poultry trimmings you may happen to have; place in the stew-pan on the ham, add two carrots and an onion sliced, a bunch of sweet herbs, three or four cloves, a glass of sherry, salt and white pepper to taste, and three quarts of cold water; let the whole simmer very gently four hours, carefully taking away all scum that may arise to the surface; strain through a fine sieve and pour into an earthen dish to get cold, after which remove the fat should there be any; put into a clean stew-pan, leaving the sediment behind, add the whites of three eggs to clarify; keep stirring over the fire until the whole becomes very white, then draw it to the side and let stand until clear. Strain through a cloth or jelly-bag. Useful for molding fish, oysters and chickens; it is also a nice basis for salad dressing.

ANCHOVY SAUCE.

Beat a tablespoonful of anchovy sauce into a cupful of drawn butter, adding the juice of half a lemon and a dash of cayenne or paprika.

SHRIMP SAUCE.

Into a cupful of drawn butter beat a good teaspoonful of anchovy sauce, the juice of half a lemon, and half a can of shrimps minced fine and made very hot in a tablespoonful of boiling butter. Simmer for two minutes and serve.

An excellent fish sauce.

SAUCE FOR HALIBUT.

Add a little water to the gravy in the roasting-pan, thicken a very little, add the juice of a lemon, one tablespoonful of tomato catsup or

Worcestershire sauce, pepper and salt to taste. Send to the table in a sauce-boat.

LOBSTER SAUCE.

Make a rich drawn butter and beat into it the coral of a lobster worked smooth with a tablespoonful of butter. Add the juice of half a lemon, cayenne and salt. Finally, add half a cupful of lobster meat, minced as fine as powder. Heat and serve.

FISH SAUCE.

One-half pint of walnut pickle, half a pint of port wine, one-half pint of mushroom catsup, one dozen anchovies, one dozen shallots, one-fourth of a pint of soy and half a teaspoonful of cayenne. Put all the ingredients into a saucepan, having previously chopped the shallots and anchovies very small; simmer fifteen minutes, strain, and when cold bottle for use. See that the bottles are air tight.

JELLY SAUCE.

Make a cupful of a brown sauce of butter, browned flour and a little caramel. Heat boiling hot and beat in four or five teaspoonfuls of currant or other tart jelly.

Serve with game, lamb or mutton.

CRANBERRY SAUCE.

Wash and pick over carefully a quart of cranberries. Put into the inner vessel of a double boiler, fill the outer with boiling water and cook, keeping the cranberries closely covered until they are broken to pieces. Rub through your vegetable press into a saucepan, sweeten abundantly, bring to a boil (barely), and turn into a wet mold to form.

CLAM COCKTAIL SAUCE.

Juice of three lemons, one teaspoonful of grated horseradish, one white onion grated, one teaspoonful of Worcestershire, four dashes of tabasco, quarter of a cup of catsup, two tablespoonfuls sweet Spanish peppers, one teaspoonful chopped green peppers, black pepper and salt to taste. Cut a grape fruit in half and extract from each half the core of the fruit. Put in about eight small clams and add the sauce.

SALADS.

"My salad days, when I was green."

There is, perhaps, no dish which adds more to the luncheon or tea than a nicely prepared salad.

While nearly all meats, vegetables and fruits may be served as salads, the dressings are limited in kinds. Not only does the meat, vegetable or fruit to be used determine the mode of dressing, but the part the salad is to play in the meal has also something to do with it. If the salad be the main dish at luncheon or tea, it must be substantial and satisfying; but if it be but an accessory it should be simple and refreshing, an appetizer only.

Meat salads, occasionally fish and some few vegetables are dressed with a mayonnaise; green vegetables are served with a French dressing. Fish, egg and meat salads are greatly improved by marinating, and for fish this first dressing should be acid. Green salads are wilted by remaining any length of time in the dressing, but many vegetables need to be marinated for flavor.

SIMPLE LETTUCE SALAD.

Mix a teaspoonful of salt with half as much pepper; fill a large spoon with vinegar, mixing salt and pepper well in this; turn into a mixing bowl; then fill the spoon three times with oil. Stir and toss until the ingredients are thoroughly incorporated. Two larger bowls should be ready at hand, one empty, the other heaped with crisp, cold lettuce leaves. Pick these apart lightly with the tips of your fingers and put into the empty bowl. When all are in pour the dressing over the lettuce, tossing lightly and quickly with salad fork and spoon.

CHICKEN SALAD.

Chop cold, cooked chicken meat into even-sized pieces, not too small. Select the tender stalks of celery, as the outer tough pieces will spoil the salad. Wash, scrape and chop into small pieces. For every two cupfuls of chicken meat take one cupful of celery. Marinate the chicken and keep in a cool place until ready to serve. Mix with the



*'The Salt of Kings'
The King of Salts'*

SALAD DRESSINGS

should be "smooth" and clear
and free from "grit," and if

**CEREBOS
SALT**

be used this result is assured

IT IS ALWAYS PURE AND WHOLESOME, DAINITY,
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FOR SALE BY

Acker, Merrall & Condit Co.

SOLE IMPORTERS

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celery. For every quart of salad take one cupful of thick mayonnaise dressing, mix gently with the salad, leaving sufficient to use as a garnish with lettuce leaves or celery tops.

LOBSTER SALAD.

Cut the boiled lobster meat into as even pieces as possible. Marinate and put in a cool place until wanted. When ready to serve, mix with shredded lettuce leaves and mayonnaise dressing in the proportion of one-half cupful of dressing to every pint of salad. Serve on curly lettuce leaves, garnished with the dressing and the powdered coral of the lobster, if desired. Fish salads of any description should be served at once after mixing.

COLD SLAW.

Shred a white cabbage fine. Heat a cup of milk. Heat, also, a gill of vinegar, and when this last is boiling, stir into it a tablespoonful, each, of butter and sugar, a teaspoonful of celery essence, two salt-spoonfuls of salt and one of pepper. When boiling hard, stir in the shredded cabbage, and as soon as this is really hot, remove it from the fire. Pour the scalding milk slowly upon two beaten eggs and cook, stirring steadily until thick, then pour upon the cabbage and toss until well mixed. Set in the ice for two hours. Serve very cold.

HOT SLAW.

With a sharp knife—there are knives made for the express purpose—cut up nicely a firm head of cabbage; sprinkle it with as much pepper and salt as you think necessary; beat up the yolk of an egg, add a lump of butter the size of a walnut, a gill of cream, the same quantity of vinegar, a teaspoonful of sugar, an even teaspoonful of mustard and a pinch of bruised celery seed; heat these condiments, mix together in a tin cup, put the slaw in an oven, and pour the mixture over it boiling hot; stir it until well mixed, and the cabbage slightly coddled, then send to the table hot.

POTATO SALAD.

Boil four good-sized potatoes; when cool, remove the skin and cut in slices one-quarter inch thick. Put in salad bowl one layer potatoes

sprinkled with a little salt, and one large spray of parsley, one medium-sized onion, and a few chives, chopped fine. Repeat until all is used up with chopped greens on top. Make a dressing of one-quarter cup vinegar, five tablespoons of olive oil, one dash of salt, one-quarter teaspoon black pepper, one teaspoon sugar. Beat well with a fork and pour over the ingredients.

SHRIMP AND TOMATO SALAD.

Cut the tops from ripe tomatoes and remove the insides. Fill the tomato shells with cold boiled shrimps, with their backs up; set each tomato upon a leaf of lettuce and pour mayonnaise dressing over all. A pretty salad.

CRAB AND TOMATO SALAD.

Carefully strip the skin from six large, firm tomatoes, and remove the centres. Fill the hollowed vegetables with the chopped and seasoned meat of six boiled crabs. Set the stuffed tomatoes in the ice for several hours. Lay on crisp lettuce leaves, and put a spoonful of mayonnaise dressing upon each tomato.

SALT COD SALAD.

Soak over night a thick piece of cod weighing a pound or more. Drain, cover with cold water, heat slowly. Keep just below simmering point for forty minutes, drain and cool. Break in large flakes, marinate with a cold cooked salad dressing and let stand two hours on ice. Arrange on a bed of lettuce, and more dressing and garnish with small red radishes.

TOMATO SALAD.

Peel medium-sized ripe tomatoes and cut them in slices; set them in the refrigerator or on ice, where they will get thoroughly cold; cover with either of the mayonnaise dressings when ready to serve—the cream mayonnaise is very delicious for tomatoes. If preferred, the tomatoes may be served whole with a teaspoonful of dressing on each; both tomatoes and dressing should stand on the ice until the moment of serving.

ASPARAGUS AND SHRIMP SALAD.

To one cupful of shrimps add two cupfuls of cold cooked asparagus tips, and toss lightly together. Season with salt and pepper. Make a dressing of the yolks of three hard-boiled eggs, rubbed through a sieve, and sufficient oil and vinegar to make the consistency of cream, using twice as much oil as vinegar. Pour over the asparagus and shrimps.

CELERY SALAD.

Take the tenderer stalks, separate, clean and place in cold water for half an hour. Shake off the water and cut in pieces half an inch long. Put into the salad bowl and pour over them a mayonnaise dressing (which should have been placed in the refrigerator for a while before using); toss up lightly until well mixed, then garnish with blanched celery leaves, and send to the table.

CRESS SALAD.

Look over carefully and wash, removing the greater part of the stems; cut in pieces, pile in a salad bowl and dress with pepper, salt, oil, vinegar, and a very little sugar. Serve immediately.

VEGETABLE SALAD.

One pint of peas, the same quantity of string beans, three heads of lettuce, finely shred, a bunch of pepper-grass, parsley, or cress, and one or two small onions chopped very fine. Boil the peas and beans in slightly salted water until tender; drain, cut the beans in three pieces lengthwise; mix all well together and cover with French salad dressing; toss up and serve.

CUCUMBER SALAD.

Choose fresh, large cucumbers, they may be nearly or quite ripe; pare and slice very thin; then lay in iced water for an hour or two. Dress with pepper, salt, oil and vinegar, to which add a few drops of onion juice.

A MACEDOINE SALAD.

One cup of green peas, boiled and cold, and the same of string beans cut into half-inch lengths, well cooked and suffered to get cold.

One cup of celery cut into inch lengths. One-half cup of boiled carrots, cut into tiny dice, also cold. One cup of red beets boiled and cut into small dice. Leave all these ingredients in the icebox until chilled and stiff. Have ready a chilled glass or silver bowl—a shallow one is best; heap the beets in the centre, arrange next to them a ring of celery dice, then the beans, next the carrots, lastly the peas—all forming a mound. Pour over this a good French dressing, garnish with a wreath of nasturtium blooms about the base and set on the ice until needed. Pass, if you like, a mayonnaise dressing with it. The true salad lover will, however, prefer the French dressing alone. It is a beautiful salad and easily made. If you cannot get celery in summer, substitute boiled corn cut from the cob to make the white ring.

A FRUIT SALAD.

Pare four juicy, sweet oranges, peel off every bit of the white inner skin from the fruit it incloses, pull the lobes apart, and cut each into four pieces.

Scald a cupful of English walnut kernels, strip away the bitter skin and let the kernels get dry and cold. Mix with the bits of orange, set on the ice for an hour, heap in a glass salad dish lined with crisp lettuce and cover with a good mayonnaise dressing.

Some consider a tablespoonful of celery cut into small pieces an improvement to this dish.

FRUIT COMBINATION.

Slice oranges, bananas and apples alternately into a glass bowl, sweetening with powdered sugar and adding a little chopped or shaved ice if desired. In another dish make a dressing of one part olive oil, two parts lemon juice and one part sherry or rum. Stir well together and add a sprig of crushed mint to give flavor. When the dressing is well mixed, pour over the fruit and place the mint on top.

APPLE AND NUT SALAD.

Scoop the inside from fine, smooth, tart apples, and fill them with a mixture of cut-up celery and walnut meats, blanched and chopped, the whole well moistened with mayonnaise. Slices of pippins are sometimes mixed with water-cress and covered with French dressing, making a piquante salad that is especially good with roast duck.

CHEESE SALAD.

Arrange some nice, crisp lettuce leaves in a circle on a plate, the stems pointing toward the centre; on the top leaf of each little pile put a small pat of cottage cheese and a hard-boiled egg from which the shell has been removed. In serving, dish an egg, a pat of cheese, and several lettuce leaves to each person, who cuts up, and dresses the salad with the French dressing of vinegar, pepper, salt, and oil, for himself.

RUSSIAN SALADS.

A Russian salad is but a mixture of cold, chopped meats, and may be varied at will to suit the taste, or the exigencies of the situation. Beef, ham, tongue, chicken, lamb, mutton and veal may all be mixed after being finely chopped, but it rarely happens in the home that all these meats are on hand. A mixture of chicken, ham and tongue, with mushrooms and anchovies, may be served on lettuce with a French dressing or sauce Tartare. Roast beef with anchovies make a very good salad, and veal, turkey or chicken with tongue another. Small pieces of cold game may be used and are delicious with a sauce Tartare.

PEACH SALAD.

Pare a quart of ripe, yellow peaches, and cut into thin slices; slice very thin a half cupful of blanched almonds. Mix the fruit and nuts with two-thirds of a cupful of mayonnaise, to which has been added one-third of a cupful of whipped cream. Serve immediately on lettuce leaves.

ICED TOMATO SALAD.

Cook a quart of raw tomatoes soft, strain and season with nutmeg, sugar, paprika, a pinch of grated lemon-peel and salt. Freeze until firm; put a spoonful upon a crisp lettuce leaf in each plate, cover with mayonnaise and serve immediately. It is still prettier if you can freeze it in round apple-shaped molds.

Canned tomatoes may be used if you have not fresh.

ENDIVE SALAD.

To fresh endives add French dressing. Use about two-thirds vinegar to one-third olive oil, scant tablespoon Worcestershire sauce, two dashes tabasco, French mustard, paprika, and salt to taste.

MIDSUMMER SALAD.

Marinate in a French dressing, made with equal parts of oil and vinegar, seasoning to taste, two cold-boiled potatoes cut in dice and four hard-cooked eggs. Just before serving, pare two cucumbers until all the white fibre is removed, cut into dice and add to the marinade. Cover with a thick mayonnaise. It may be garnished with lemon, pimolas, olives or red peppers, or it may be served in tomato cups.

GREEN PEPPERS ON TOAST.

A delicious relish to serve with any chafing-dish compound is crisp, thin slices of toast sprinkled with green peppers that have been chopped to the last degree of fineness and covered lightly with a little mayonnaise.

TOMATO AND CUCUMBER.

Pour boiling water upon tomatoes, and pour off again at once, when the skins may be readily removed. Peel the cucumbers. Arrange alternate slices of tomato and cucumber until six slices are piled one on top of the other. Arrange on lettuce leaves, and, if desired, garnish with red peppers. Serve ice cold with French or mayonnaise dressing.

CHESTNUT SALAD.

Make a slight incision in the outer skin of thirty large chestnuts, put in a saucepan of hot water and boil twenty minutes; drain, plunge into cold water and peel off the skins; cut into quarters and dust with salt and pepper; peel four sour apples and cut in pieces of similar size to nuts; cut some of the dark meat off a cold roasted turkey, making pieces about the same size; arrange on lettuce leaves in the salad bowl, sprinkle over them two tablespoonfuls of chopped mixed pickles, pour a plain dressing over the whole and serve as cold as possible.

SALAD DRESSING.

In dressing salad, mind this law;
With two hard yolks use one that's raw.

MAYONNAISE DRESSING.

Before beginning the dressing, chill the plate, eggs and oil, even the fork. Put the yolks of two eggs, carefully freed from the whites, in a soup-plate; add one-half of a tablespoonful of salt and stir with a silver fork until the yolks are well broken and mixed; add the oil, drop by drop, at first, being careful to always stir in the same direction. Add a drop of vinegar when needed, that is, when the oil and eggs show globules of oil, or, to use the common expression, the emulsion looks oily. As the mixture becomes thick, the oil may be added faster, always stirring, not beating, and adding only sufficient acid to keep the dressing from separating. Two eggs will easily take a pint of oil. Season with salt and red pepper and lemon juice, if desired, or necessary. When finished, the dressing should be thick and smooth and a perfect mayonnaise should not be strongly acid, as that destroys the flavor of the oil.

CREAM SALAD DRESSING.

Yolks of two hard-boiled eggs, one teaspoonful of made mustard, one-half teaspoonful of salt, one-fourth teaspoonful of sugar, one tablespoonful of melted butter, the same of vinegar, then a sprinkling of pepper. Rub smoothly together, and add at the last half a teacupful of sweet cream. Beat thoroughly with an egg beater.

FRENCH DRESSING.

Use two-thirds oil to one-third vinegar. For every tablespoonful of vinegar and three of oil take one-half of a tablespoonful of salt and one-fourth of a teaspoonful of black or white pepper. Mix the salt and pepper with the oil and add the vinegar slowly, stirring all the while, until it becomes white and a little thickened. The dressing must be used or served at once or it will separate.

To marinate is to cover with French dressing and allow to stand two or three hours. When ready to serve, the dressing not absorbed should be drained from the meat or vegetable marinated and the salad mixed with the dressing to be used.

— U S E —

Alpha Salad Cream

AS A DRESSING

FOR

ALL SALADS

CONTAINS NO OIL

PURE, WHOLESOME AND MOST DELICIOUS

SOUR CREAM SALAD DRESSING.

Have a cupful of rich, sour cream very cold, then beat hard for five minutes, adding, as you do so, a tablespoonful of powdered sugar and a half-teaspoonful of lemon juice. This dressing is delicious served with chilled cucumbers, sliced thin.

BOILED DRESSING.

Two eggs, one cupful of vinegar, one teaspoonful of salt, one-fourth teaspoonful of pepper, one-fourth cupful of butter, one-half teaspoonful of sugar.

Beat the eggs light without separating; add the vinegar, salt, pepper, sugar and butter melted. Mix well and put over hot water. Stir constantly until the dressing is thickened; cool and serve. If too thick, thin with cream or olive oil, as desired.

EGGS AND OMELETS.

“The turnpike road to people's hearts, I find,
Lies through their mouths, or I mistake mankind.”

BOILED EGGS.

The time for boiling an egg must be varied to suit the different tastes.

For those who wish to have the whites set, but the yolk a perfect liquid, three minutes and a half will be sufficient; for others who prefer the outer edge of the yolk a little hardened, four minutes will be required. Eggs for garnishing should be boiled about ten minutes, then placed in cold water for a moment that the whites may not become discolored.

The water should be boiling hot when the eggs are put in.

A wire basket is the most convenient; the eggs are placed in it, and submerged in the boiling water until cooked, then removed.

In the absence of a wire basket, a perforated skimmer may be used for putting them in and removing them.

POACHED EGGS.

Fill a shallow pan nearly full of salted, boiling water. As soon as the water simmers, not boils, slip in the eggs, one by one, from a cup or saucer, into which they have previously been broken. Dip the water over them with a spoon, that the yolk may be cooked. When the white is firm and a film has formed over the yolk, take out each egg with a skimmer. Drain well; trim the edges, place on even rounds of toast, sprinkle with salt, pepper and melted butter, and serve at once.

OMELETS.

Break four eggs into a bowl; beat until broken only. Add to four eggs three tablespoonfuls of cream or four teaspoonfuls of warm water and one teaspoonful of butter. Put the pan over the fire, and when it is hot put in one teaspoonful of butter, tipping the pan that the butter may melt and run over it quickly. As soon as the butter is melted turn the eggs into the pan, shaking it gently to keep the eggs from

cooking too rapidly on the bottom. As the lower part cooks, lift with a spatula, allowing the uncooked upper portion to run on to the hot pan. When the omelet is of a soft, creamy consistency, season with salt and pepper, tip the pan, slip the knife under the omelet and carefully roll it to the centre. Let it cook a moment longer to brown. Should it not brown quickly, add a little butter, letting it run under the omelet. Turn out on a hot dish and serve at once.

SCRAMBLED EGGS.

Four eggs, one tablespoonful of butter, two tablespoonfuls of cream, salt and pepper to taste.

Break the eggs into a bowl, add the cream and beat only enough to blend the yolks and whites. Melt the butter in the frying-pan, and when hot turn in the eggs. Do not stir until they begin to form, and then gently, lifting them up and over that the flakes may be large and the eggs tender and well cooked. As soon as the eggs are sufficiently set, remove from the fire and stir until dry. Season and serve.

Scrambled eggs may be varied in the same way as omelets, adding chopped ham, parsley, mushrooms, minced chicken, veal or sweet-breads.

STUFFED EGGS.

For six hard-boiled eggs take one cupful of finely-chopped cooked meat, one-fourth cupful of cream, one tablespoonful of butter, melted, seasoning to taste.

Cut the eggs in halves. Carefully take out the yolks, put them through a press and mix to a smooth paste with the melted butter. Add the meat and the seasoning; mix with the cream gradually, as it may not all be needed. When the mixture is of the proper consistency to stuff the eggs, season, fill each half carefully and make it even on top. Rub a little raw white of eggs over the pieces and press them together. Roll in egg and bread crumbs and fry in smoking-hot fat. Serve with a cream sauce.

SHIRRED EGGS.

Butter small "nappies" and drop an egg carefully into each, taking care not to break the yolk. Set the nappies in a pan of boiling water on the range, and cook until the white is set. Put on each egg a bit of butter, and a dash each of pepper and salt. Serve at once.

EGGS, OMAR PASHA.

Poach twelve fresh eggs. Lay on a china dish and keep warm. Heat one and a half tablespoonfuls of melted butter in a small saucepan, add two tablespoonfuls of flour and thoroughly stir for one minute. Then add one cup of hot milk and briskly whisk until it comes to a boil. Season with half a teaspoonful of salt, a dash of cayenne pepper and half a saltspoonful of grated nutmeg. Add two tablespoonfuls of grated cheese and one raw egg. Sharply whisk for two minutes, then pour over the eggs. Place in a hot oven to bake for three minutes and serve.

OMELET WITH CHEESE.

Beat six eggs as light as possible; put two ounces of butter into a saucepan on the range; grate three ounces of good cheese—not too new—which add to the beaten egg; season with salt, cayenne, and white pepper, and add to the butter, which should be quite hot; stir constantly until the mixture is of the consistency of cold, thick cream; serve at once.

OMELET WITH RUM.

Make a sweet omelet, and when serving pour over it a glass of rum, to which touch a light wax taper, and serve while burning.

EGGS BROUILLE.

Six eggs, half a cup of milk, or, better still, of cream; two mushrooms, one teaspoonful of salt, a little pepper, three tablespoonfuls of butter, a slight grating of nutmeg.

Cut the mushrooms into dice, and fry them for one minute in one tablespoonful of the butter. Beat the eggs, salt, pepper and cream together, and put them in a saucepan. Add the butter and mushrooms to these ingredients.

Stir over a moderate heat until the mixture begins to thicken. Take from the fire and beat rapidly until the eggs become quite thick and creamy. Have slices of toast on a hot dish. Heap the mixture on these, and garnish with points of toast. Serve immediately.

OMELET WITH HAM.

Take well boiled ham and chop it fine, then put into a frying-pan or spider with a little butter. Sprinkle with pepper and a little salt if necessary. When hot pour it over the eggs, which have been prepared as for a plain omelet. When the eggs are set, fold over by passing a wide bladed knife under it at the side nearest the handle of the pan; by raising the pan at the same time, the turning will be greatly facilitated, for it is not an easy matter for an inexperienced person to turn an omelet well. Send to the table at once on a warm platter.

SCOTCH EGG.

One cupful of cooked lean ham chopped very fine, one-third of a cupful of stale bread crumbs, one-third of a cupful of milk, half a teaspoonful of mixed mustard, cayenne enough to cover a silver five-cent piece, one raw egg and six hard-boiled.

Cook the bread and milk together until a smooth paste. Add to the ham, and add the seasoning and raw egg. Mix thoroughly. Break the shells from the hard-boiled eggs and cover with this mixture. Put in a frying basket and plunge into boiling fat for two minutes. These are nice for lunch, tea or picnics.

EGGS A L'INDIENNE.

Six eggs, two onions, butter, a tablespoonful of curry powder, one pint of broth, a cup of cream, arrowroot. Slice the onions and fry in butter a light brown, add curry powder and mix with the broth, allowing to simmer till tender; then put in cream and thicken with arrowroot, simmer for five minutes, then add six hard-boiled eggs cut in slices.

OLIVE OMELET.

Half can mushrooms, quarter cup olives (plain or stuffed) and cream. Chop the olives and mushrooms and beat in enough strictly sweet cream to make a paste; season; make a plain omelet, and just before serving fold in the paste. Serve with stoned olives and parsley to garnish.

OYSTER OMELET.

Before putting your omelet over the fire, have ready the filling. Chop a dozen oysters into tiny bits. Stir together over the fire a

large spoonful of butter and one of flour. When smooth and bubbling draw to the side of the range and add gradually three tablespoonfuls of cream (with a pinch of soda), and the same quantity of strained oyster liquor. Set back over the fire and stir until it boils. Season with paprika and salt; add the chopped oysters, and bring again to a boil. Set in boiling water while you make the omelet. When this is ready to fold over, cover with the cooked oysters, fold, and turn out upon a very hot dish.

Clam omelet is made in the same way.

BAKED MUSHROOM OMELET.

Peel and cut into quarters a dozen fresh mushrooms and put them into a saucepan with a tablespoonful of butter, pepper and salt to taste, and a few drops of lemon juice. Cover the pan and simmer slowly for ten minutes. Add one cupful of thickened chicken or veal stock, and cook slowly ten minutes longer. Then stir in six eggs, well-beaten, turn into a buttered bake-dish, sift browned crumbs over the top, and set upon the upper grating of a quick oven until the eggs are "set." Five minutes should be enough. Serve at once in the bake-dish.

BAKED SOUFFLE OF EGGS.

Scald a cup of milk, putting in a tiny pinch of soda. Beat the yolks of six eggs until light and creamy, and the whites till stiff enough to stand alone. Add one-half teaspoonful of salt, a dash of pepper and one rounded tablespoonful of butter to the milk and stir it into the yolks; then beat in the whites very quickly. Pour into a deep, buttered pudding-dish and bake in a moderate oven ten minutes, or to a delicate brown. Serve immediately in the bake-dish.

FRIZZLED BEEF AND EGGS.

To every half pound of chipped beef allow half a pint of milk, one tablespoonful of butter and one tablespoonful of flour. Put the butter into a frying-pan; when hot add the beef and stir for about two minutes, or until the butter begins to brown, then dredge in the flour. Stir well, add the milk and a little pepper, and just before taking from the fire whip in two well-beaten eggs.

SCALLOP WITH EGGS.

Butter a shallow baking dish; put a layer of crackers or bread crumbs in the bottom of it; add a layer of not very finely-chopped cold veal or lamb; season with pepper, salt and bits of butter; moisten with gravy, milk or cream; put a layer of cracker or bread crumbs on the top, and bake covered until the gravy bubbles up through the surface. Remove the cover and break into the dish enough eggs to well cover the top; put pepper and salt and a bit of butter on each, and bake until the whites are well set. Serve in the dish in which the scallop was baked. Cold turkey or chicken may be used for the above.

BROILED EGGS.

Toast as many half slices of bread as the number of eggs required; butter the toast, break an egg carefully and put one on each piece. Hold a hot salamander, or a hot shovel over each egg until the white is set. Also sprinkle each egg with a little salt, white pepper, and a few drops of lemon juice. Serve at once.

¶The Housewife is always prepared for the unexpected visitor, when there's an assortment of **AMCEHAT Boned or Potted Meats** in the cupboard
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VEGETABLES.

"A fat kitchen maketh a lean will."

There is one fact which many people have yet to learn, and that is that although it is advisable, if not necessary, during the cold weather to include meat in some form or other in the daily bill of fare, yet in the sweltering days of June and July it may with advantage be sometimes, if not always, omitted.

As a nation Americans eat much more meat than is necessary; and even in this enlightened twentieth century there exist numbers of families who would consider themselves ill nourished unless a steaming hot joint appeared on their table on each of the 365 days of the year.

Although an entirely vegetarian diet is not altogether urged, yet it will be greatly to every one's advantage if during the hot weather people arranged that "dressed vegetables," together with dainty concoctions of macaroni and other nutritious foods, should form one of their chief meals.

These dishes may, and probably will be, more trouble to prepare than a roast joint, with boiled potatoes, but the benefit obtained will be well worth the pains they cost.

In the selection of vegetables too great care cannot be taken that only fresh ones be secured, for it is imperative that the health of a family be protected by rejecting all stale ones.

POTATOES.

Pare potatoes thin; the mealiest, flakiest portion lies next to the skin.

BOILED POTATOES.

Wash potatoes with a brush; if you pare them remember that the driest part of the potato is next the skin. When ready to cook, drop into boiling salted water; the moment they are done pour off the water, every drop, return to the fire for an instant, give the kettle a vigorous shake, and set on the back part of the range, where they will keep hot without scorching; cover with a crash towel. Send only enough to the table to serve once, and replenish the dish with hot ones as required.

MASHED POTATOES.

Wash and pare the potatoes; boil in salted water; the moment the potatoes are done, drain; then return to the stove and mash, using the potato masher vigorously until not a lump remains. Have heated in a clean, bright saucepan half a cupful of cream, or two-thirds of a cupful of sweet milk, two tablespoonfuls of butter, the white of an egg well beaten, and a teaspoonful of salt for a quart of mashed potatoes; beat this into the mashed potato until they are as light as possible. Put into a warm tureen, make into a smooth, symmetrical mound, dust with white pepper, and serve. Or, when you have beaten the potato as light as possible, press it through a heated colander into a warm tureen; heap it up as light as possible and serve at once.

BAKED POTATOES.

Choose potatoes of uniform size and smooth skin, wash well, using a brush, and be sure that they are absolutely clean even to the deepest eye. Wipe dry or drain, put the potatoes into a hot oven and do not allow the heat to diminish, but rather increase while they are baking. Serve as soon as done—which will require about half an hour if the potatoes are of a medium size—in an open dish; if covered the steam will settle upon them, causing them to be soggy. Serve baked potatoes for luncheon and tea.

SARATOGA POTATOES.

Peel three or four large potatoes; rub them over a potato or cabbage cutter to cut them in slices as thin as possible; place in ice water until chilled, then fry in boiling lard or drippings until slightly colored, remove with a perforated skimmer, drain, and sprinkle with salt. Serve hot or cold. Fry only a few slices at a time. Three large potatoes fried will be sufficient for six or eight persons.

FRIED POTATOES.

Peel the potatoes and put them in ice water for ten minutes; dry them with a clean cloth and peel them into ribbons, cutting round and round. Fry and drain; sprinkle with salt; serve hot as a garnish for beefsteak.

LYONNAISE POTATOES.

Put two ounces of butter into a frying-pan, and when melted add two tablespoonfuls of chopped onion; fry until slightly colored, add a tablespoonful more butter and a quart of cold boiled potatoes, peeled and sliced; sprinkle with pepper and salt and stir gently until thoroughly heated.

HASHED POTATOES, BROWNEED.

Pare, wash and cut eight fine potatoes into small cubes, not more than half an inch square. Put these over the fire with two tablespoonfuls of minced celery and half as much grated onion. Salt to taste, and cook until tender but not broken; drain off the water and turn the potatoes into a buttered dish. Have ready a cupful of hot milk, into which stir a large tablespoonful of butter rubbed into one of flour. Do not cook them together, but add a tablespoonful of finely-minced parsley, and pour over the potatoes. Cover and bake fifteen minutes, then brown upon the upper grating of your oven. Serve in the bake-dish.

The celery and onion impart a most agreeable flavor to the dish.

CREAMED POTATOES.

The best result is obtained by using freshly-boiled potatoes, stewing or creaming them while warm. This, however, is rarely done, as for breakfast potatoes boiled the day before are usually to be warmed over. Chop the potatoes in small dice, and to every pint of potatoes make a pint of cream sauce as follows: Melt one tablespoonful of butter, add one tablespoonful of flour. Mix until smooth. Add two cupfuls of good milk, or, better, one cupful of milk and one of cream. Stir until the butter and flour are well mixed with the liquid, then add the potatoes. Put on the back part of the stove, and cook slowly, stirring only occasionally, and then with care, until the potatoes have nearly absorbed the milk. If stirred often or vigorously the potatoes will become mashed and pasty, yet care must be taken that the milk does not scorch. Season, just before serving, with salt, pepper and a tablespoonful of chopped parsley. If the salt be added to the potatoes before cooking in the milk it often curdles it.

POTATOES A LA MAITRE D' HOTEL.

Cut eight cold boiled potatoes into rather thick slices; put a tea-cupful of cream or milk, an ounce of butter, a tablespoonful of chopped parsley, and pepper and salt, into a saucepan on the stove; add the sliced tomatoes; let boil up; remove to a hot dish and squeeze over the juice of one lemon.

POTATO BORDER.

One and one-half cupfuls of mashed potato, yolk of one egg.

The mashed potato may be cold or warm, but in either case it should have been mashed with butter and milk as usual. Mix the potato with the egg yolk, beaten light, and season with salt and pepper. Press it into a well greased border mold and bake twenty minutes in a moderately hot oven. Let it stand in the mold for five or ten minutes before attempting to turn out.

POTATO CAKES.

Two cupfuls of mashed potato, yolk of one egg, two tablespoonfuls of cream or milk, salt and pepper to tasté.

Beat the yolk of the egg light and add to the mashed potato with the salt and pepper. Add the cream if necessary only, for if the mashed potato be sufficiently moist the cream will make it impossible to handle. When well mixed form into small, flat, round cakes, and saute in hot fat or dripping.

POTATO PUFFS.

One cupful of mashed potato, one egg, one teaspoonful of butter, one-half cupful of cream or milk. Salt and pepper to taste.

Beat the egg light without separating and melt the butter. Add to the mashed potato with the cream or milk. Season and beat until quite light. Fill greased popover pans half full of the mixture and brown in a quick oven. Take out carefully with a limber knife or spatula and serve at once on a heated dish.

BAKED SWEET POTATOES.

Wash the potatoes, scrubbing them well with a stiff brush and wipe dry; place in a hot oven and bake for one hour if the potatoes are large; small ones will require less time.

SWEET POTATOES BOILED.

Wash thoroughly and cook with the skins on in salted boiling water until easily pierced with a fork; remove the skins; put a piece of butter on each potato, set in the oven a moment and serve.

SWEET POTATOES FRIED.

Cut cold boiled sweet potatoes in slices and fry in hot butter until nicely colored; sprinkle with salt and serve.

TURNIPS.

MASHED TURNIPS.

Prepare by peeling and washing; cut into slices crosswise, and lay in fresh, cold water for a few moments. Put into salted, boiling water, and cook steadily until done; then drain and mash fine with a spoon or potato masher; season with pepper, salt and butter. It is better to mash on the side of the stove, in the pan or kettle in which they were cooked, that they may be served hot.

Turnips may be served in the slices, with or without melted butter.

YOUNG TURNIPS STEWED WITH CREAM.

Pare, lay in cold water one hour; cook tender in two waters; drain and cover with hot cream (heated with a pinch of soda) or hot milk, if you have no cream. Simmer gently for five minutes; stir in a white roux made by cooking together a tablespoonful of butter and one of flour, salt and pepper, and serve very hot.

FRIED TURNIPS.

Peel and slice young turnips, dropping them into cold water as you do so. Turn into a pot of boiling water, and cook for twenty minutes. Drain carefully, so as not to break the slices. When cold, dip each slice in beaten egg, then in salted cracker dust, and spread all upon a platter. Let them stand for an hour and fry in deep, boiling fat to a golden brown.

ONIONS.

BOILED ONIONS.

Peel off the outer skins, cutting off the top and bottom; wash, and lay in cold water for fifteen minutes; put over to boil in cold water; boil fifteen minutes, drain, and cover with boiling water; put in a little salt. When tender, drain, put into a hot dish, sprinkle with pepper and bits of butter. Serve hot.

FRIED ONIONS.

Peel the onions and cut them in thin slices; put them into a frying-pan, with sufficient butter to keep them from sticking to the pan; season with pepper and salt, and fry until well done and nicely browned. Fried onions will be more delicate if they are parboiled in milk and then fried.

SAVORY ONIONS.

Select young onions for this dish. Lay the onions in a saucepan with a very little salted water and simmer for ten minutes. Drain off the water; pour over the onions a small cupful of beef stock and cook for ten minutes longer. With a split spoon remove the onions to a hot dish, while you thicken the gravy left in the pan with a heaping teaspoonful of browned flour rubbed to a paste in the same quantity of butter. When you have a smooth brown sauce season it with a teaspoonful, each, of kitchen bouquet and tomato catsup, and salt and pepper to taste. Pour this sauce over the onions.

PARSNIPS.

BOILED PARSNIPS.

Wash the parsnips and scrape them; boil in slightly salted water until very tender; drain, put two or three ounces of butter into the saucepan, in which fry the parsnips a nice brown; season with pepper; or when cooked tender, drain and pour melted butter over them.

FRIED PARSNIPS.

Wash and scrape the parsnips; boil until tender in salted water; cut into lengthwise; fry a nice brown in melted butter; or when

boiled tender, dip in beaten egg, then in cracker dust, and fry as before.

PARSNIP FRITTERS.

Boil the parsnips until tender; mash fine, season with butter and pepper, and add a well-beaten egg and two tablespoonfuls of flour for every pint of mashed parsnips. When cold make into little cakes, roll in flour, and fry or saute in melted or hot drippings.

PARSNIP STEW.

Cut half a pound of fat salt pork, from which the rind has been removed, into narrow strips; parboil it for half an hour; put into a saucepan with ten or twelve good-sized parsnips, cut in small pieces, and sufficient hot water to cover; when half done, add half a dozen potatoes, which have been parboiled and then cut in quarters; boil very slowly until the vegetables are done; season with white and cayenne pepper, and salt if necessary. This is a very old-fashioned dish, but it is very good, and is usually liked by those who are fond of parsnips.

GREEN CORN.

BOILED GREEN CORN—WHOLE.

Select the ears of sweet corn that are full grown; break through the husks to see that they are not hardened but full of milk. Strip the husks from the ears, picking off all the threads of silk; then put over to cook in a kettle of boiling water, in which put a little salt. Be sure there is plenty of water to cover the corn well, that it may not become discolored in the boiling. About thirty minutes will be required for boiling. When done, drain off the water and send the corn to the table hot, covered closely with a napkin. Some prefer to boil the corn with the inner husks on, but I fail to discover any advantage to be derived from that way. If preferred, after boiling on the cob, it may be cut off, placed in a saucepan with butter, pepper, salt, and a little cream or milk, heated and served hot.

ROASTED GREEN CORN.

Strip off the husks and remove all the silk. Hold the ear with a fork or roasting iron over a clear fire, and roast carefully without

burning, turning so that each row of kernels may be well done. Proceed the same with as many ears as may be required; place them in a napkin on a plate in the oven; when all are done send to the table that they may be served while hot. It is to be eaten from the cob, each one seasoning it with butter, pepper, and salt to suit the taste. Roasted corn, seasoned when hot, is a nice accompaniment to a picnic lunch.

GREEN CORN CAKES OR FRITTERS

One pint of grated sweet corn, one pint of sweet milk, or a part sweet cream would be better, and three well-beaten eggs. Stir all together, beating hard. Season with a little white pepper, salt and two tablespoonfuls melted butter, stirring it well in and adding a little flour to make the ingredients adhere together, being careful not to have them too thick. Bake one on the griddle first to test the batter, that it may be of the right consistency, and well seasoned before baking to serve. If preferred, fry in hot drippings or lard.

SUCCOTASH.

Cut sweet corn from the cob, but not deep enough to get any of the husky casing; scrape the cob gently to get all of the sweet, juicy substance of the kernel. For two teacupfuls of the corn, one of Lima beans will be needed. Put both together into a saucepan with cold water enough to cover. Add a little salt and cook gently. When the beans are tender, pour in a teacupful of sweet milk or cream; season with butter and a little pepper and allow to boil up; then send to the table.

BEANS.

BOILED STRING BEANS.

You cannot destroy this dish more effectually than by "stringing" the beans in the slovenly manner practised by at least one-half of American cooks, or those who represent the American kitchen. The neatest way of ridding beans of backbones is to pare each the whole length with a sharp knife. The flavor is more delicate when this is done.

Lay a handful of the pods upon a board with the ends even, and cut through all into inch pieces. Wash and cook in boiling salted

water until tender. Drain, season with butter, salt and pepper, and serve.

Full-grown beans demand much more time for cooking than young. Underdone beans have a rank taste and are unwholesome.

STEWED LIMA BEANS.

Put a pint of shelled Lima beans into slightly salted boiling water, with one or two slices of onion. When tender, drain them and remove the onion; now add two ounces of butter, enough hot water or stock to moisten the beans, and a little white pepper; allow to simmer ten or fifteen minutes, and serve.

LIMA BEANS WITH CREAM.

Cook the same as "Stewed Lima Beans" until you drain off the water, then add a cupful of hot milk or cream, a small piece of butter, and pepper to taste; let simmer a few minutes, and serve. Ripe Lima beans may be soaked over night and then cooked the same as green beans.

BAKED BEANS WITH PORK.

Look over, wash and put to soak over night a quart of dry beans. In the morning put over to boil in two quarts of cold water, boiling slowly half an hour; then drain off the water, putting on the same quantity as before, but it should be hot water; boil half an hour, and pour off again; now put on enough hot water to a good deal more than cover the beans. Put half a pound of salt pork, which has been washed and the skin well scraped, into the kettle, and boil slowly until both are thoroughly cooked, adding water from time to time if necessary. Remove to a baking-pan, add pepper and salt if needed, and if liked a tablespoonful of molasses or sugar. Put the pork in the centre of the dish with the skin side, scored, up, and bake in a hot oven until both beans and pork are of a golden brown. When cold, baked beans should cut smooth and solid like cheese; if they crumble, they have been baked too dry.

TOMATOES.

DRESSED TOMATOES.

Select large, smooth, ripe tomatoes; peel and cut in rather thin slices; set on the ice or in a cold place for an hour or two; season

with butter, salt and oil; or omit the oil, and use sugar instead. Pass vinegar when serving.

BAKED TOMATOES.

Peel eight large ripe tomatoes, those with thick meat preferred; cut a thick slice off from the top; scrape out the seed and watery pulp, which put in a saucepan with pepper and salt, a tablespoonful of butter, a teaspoonful of grated onion, half a teacupful of sifted bread crumbs, two tablespoonfuls of cold boiled tongue, minced fine, and a teacupful of cold boiled or baked lamb, chicken or veal, chopped; let get well heated and mix thoroughly; fill the tomatoes with this force-meat; put on the tops; arrange in a buttered pudding-dish and bake in a hot oven for one hour, the first half hour covered.

FRIED RIPE TOMATOES.

Cut firm tomatoes into thick slices, but do not peel them. Sprinkle each slice with salt, dip into a beaten egg and then in fine cracker dust. Set in a cold place for an hour and fry in boiling cottolene or other fat, or in butter.

BROILED RIPE TOMATOES.

Cut large, firm tomatoes into half-inch slices, sprinkle with salt and pepper and dip in fine bread crumbs. Put into a greased broiler and broil over a clear fire until heated thoroughly. Spread with soft butter and serve at once.

STEWED TOMATOES.

Peel and slice the tomatoes into a porcelain-lined or granite ware stew-pan; then set on the back part of the range, where they will boil for half an hour; season with salt and pepper and a tablespoonful of butter, two tablespoonfuls of sugar, and half a teacupful of sifted cracker or bread crumbs. This is about the proportion of seasoning for a quart of stewed tomatoes. Green tomatoes may be stewed in the same way as ripe ones.

TOMATO OMELET.

Peel a couple of tomatoes, which split into four pieces; remove the seeds, and cut them into small dice; then fry them with a little



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butter until nearly done, adding salt and pepper. Beat the eggs and mix the tomatoes with them, and make the omelet as usual. Or stew a few tomatoes in the usual way and spread over before folding.

TOMATOES STUFFED WITH MEAT.

Select large, firm tomatoes, cut off the tops and scoop out the inside pulp. Do not peel. Chop fine a cupful of cold meat—it may be fowl, tongue or ham, or even lamb, mutton or beef, if the latter are well seasoned. With the meat put a half cupful of fine bread crumbs, a tablespoonful of butter and salt, pepper, parsley and onion juice. The quantity of these to be used must be determined by the amount of seasoning there is already in the meat. After sprinkling the inside of the tomato shells with a very little salt and pepper fill them with the mixture of meat, crumbs, etc. If this seems too dry it may be moistened with a small quantity of gravy or soup stock, or even with milk or cream. Arrange the tomatoes in a pudding-dish, replace the tops, lay a cover over them and bake half an hour. Serve in the dish in which they were cooked.

STEWED GREEN TOMATOES.

Take good-sized green tomatoes before they begin to ripen; wash, cut in slices half an inch thick, and put into a hot spider in which a generous lump of butter has been melted. Sprinkle with butter and salt. Cook until tender and serve hot, with sugar and vinegar, or plain as preferred. I cannot say as I consider this very wholesome, but I know of those that are very fond of tomatoes cooked in this way when it is still early in the season for them.

ASPARAGUS.

The proper way to cook asparagus is not generally known. Cut it fairly short, put in a deep pot, having scraped it and tied it in small bundles. Stand these upright in the boiling water with the heads an inch or so above the water. Boil until soft. If done in this way it will be found much better, and the heads will be perfectly cooked without being mushy, as is often the case when the bundles are allowed to float loosely around in the water.

ASPARAGUS ON TOAST.

Cut the woody part from a bunch of asparagus, and with a soft piece of twine tie it into a loose bundle. Have ready, boiling, enough salted water to cover the asparagus. The saucepan containing this should be large enough to allow the asparagus to lie at full length. Boil until tender, but not until the green tips begin to break. Spread upon a platter crustless slices of buttered toast; drain the asparagus, and lay it in a neat pile upon the toast. Of course the string must be removed from the bundle. Just before sending to the table pour a white sauce over the asparagus. An excellent plan is to pour this sauce only over the green ends of the stalks, leaving the white ends uncovered, that the fingers need not be soiled in handling the vegetable.

CREAMED ASPARAGUS.

Reject the lower halves of your asparagus stalks and boil the upper halves until they are very tender. Then drain and chop. Cook together a tablespoonful of butter and two of flour until they bubble, pour on them a pint of milk with a bit of soda dissolved in it. Stir until smooth and of the consistency of cream, add the minced asparagus, with salt and pepper to taste. Set this mixture aside until cool, then beat into it three well-whipped eggs and two tablespoonfuls of cream. Pour into a greased pudding-dish and bake covered for twenty minutes; uncover and brown.

ASPARAGUS WITH EGGS.

Boil a bunch of asparagus twenty minutes; cut off the tender tops and lay in a deep pie-plate, buttering, salting and peppering well. Beat four eggs just enough to break up the yolks, add a tablespoonful of melted butter, with pepper and salt, and pour upon the asparagus. Bake eight minutes in a quick oven and serve immediately.

BANANAS FRIED WHOLE.

Peel and cut off the tip at each end; sprinkle with pepper and salt, roll in beaten egg, then in fine crumbs, again in egg, and again crumb them. Leave them upon ice for an hour or two, and fry in deep, boiling cottolene or other fat to a delicate brown. Serve very hot.

EGG PLANT.

FRIED EGG PLANT.

Cut the egg plant into slices nearly three-quarters of an inch thick, peel these and lay them in a bowl of cold, salted water, putting a plate on them to keep them under the surface of the liquid. At the end of an hour remove the vegetables from the water and wipe dry on a clean cloth. Dip each slice in beaten egg, then in cracker crumbs and lay on a platter. Set in the icebox for an hour and fry to a golden brown in deep boiling cottolene or other fat. Drain in a colander lined with tissue paper and pile on a folded napkin on a hot platter.

BROILED EGG PLANT.

Cut the egg plant in slices half an inch thick, peel and leave for an hour in cold, salted water, as in the preceding recipe. Wipe the slices dry and lay in a bath of five tablespoonfuls of salad oil and two teaspoonfuls of vinegar. At the end of fifteen minutes remove the egg plant, drain in a colander, sprinkle each slice with salt and pepper, lay on a gridiron and broil over a clear fire. Cook for five minutes on one side before turning the broiler. Serve very hot.

EGG PLANT, ASHANTEE.

Cut into even halves three very small, sound egg plants. Make a few incisions inside each piece without disturbing the peels. Then gently drop them in boiling fat and fry for eight minutes. Remove them with a skimmer and let drain on a towel for ten minutes again with cut parts downward. Then with a teaspoon scoop out all the meat and mince it fine. Chop finely six small new onions and fry in a saucepan with half a teaspoonful of butter for one minute. Then add the scooped-out chopped meat, with a tablespoonful of finely-chopped parsley.

BOILED GREEN PEAS.

Shell and lay in cold water for ten minutes. Drain, turn into slightly salted boiling water and cook for about twenty-five minutes, or until very tender, but not broken. Drain in a colander, put into a dish, stir into the peas a lump of butter, and sprinkle very lightly with salt and pepper.

CANNED PEAS.

Empty the peas from the can into an open dish, an hour before you wish to cook them, that there may be no unpleasant odor about them; put them into a saucepan on the stove, with enough hot water to barely cover them; simmer fifteen minutes, and season the same as fresh, green peas.

GREEN PEA PANCAKES.

Boil a pint of shelled peas, and mash while hot, adding a tablespoonful of butter and salt and pepper to taste. Now beat in two whipped eggs, a half pint of milk and five tablespoonfuls of prepared flour. Beat hard and fry on a hot griddle. A soapstone griddle is best. Then they are baked—not fried.

WINTER SQUASH.

Squash is better to be steamed, boiled or baked in the shell, as it will be much dryer.

Wash the squash and wipe dry; cut in pieces, according to the size of the squash; remove the inside, and cook until tender; then scrape off the shell, mash smooth, and season with butter, a little sugar, pepper and salt to taste. Do this quickly, and over the stove as much as possible, so that it may be served hot.

SUMMER SQUASH.

Many people do not pare summer squash, but it is better to do so, and also to remove the seeds. Put to cook in salted boiling water. When tender, remove from the saucepan, and press out every drop of water; mash smooth and season with pepper and salt, and butter. Serve very hot.

BAKED SQUASH.

Peel, boil and mash two small squashes. When cold, beat in two tablespoonfuls of melted butter, two whipped eggs, a gill of cream and salt and pepper to taste. Turn into a greased bake-dish, sprinkle with bread crumbs and bake for a half hour. A good way to use squash left over from yesterday.

CREAMED SQUASH.

Peel two summer squashes and cut into dice of uniform size. Boil for fifteen minutes in salted water, or until tender, but not broken.

Drain carefully in a colander and keep hot while you cook together two heaping teaspoonfuls of butter and the same quantity of flour until they bubble; then pour upon them a cupful and a half of sweet milk. Stir until smooth; turn in the squash dice, season liberally with salt and white pepper, and serve.

CREAMED YOUNG BEETS.

Cook with two inches of the stem on to prevent bleeding, and do not clip the tap root. Have ready a cupful of cream heated with a pinch of soda. Rub the skins off, top and tail the beets, and slice them thin into the cream, setting the saucepan containing it in boiling water. When all are in, stir in a tablespoonful of butter rubbed into one of flour, pepper, salt and a teaspoonful, each, of sugar and onion juice. Simmer two minutes to cook the flour, and dish.

BOILED CARROTS.

Carrots should be used in the early part of their season, and when they are fresh and firm. Wash thoroughly, scraping the skin all off, put into boiling hot water, in which there should be a little salt; boil until tender; drain, cut through lengthwise; or slice off in round, thin slices; put into a hot dish and sprinkle with pepper and bits of butter. A little vinegar may be served with them. Instead of being cooked whole, they may be chopped fine before boiling, then served as above.

CARROTS SAUTES.

Boil young carrots, not longer than your forefinger, for eight minutes in salted water. Rub and scrape off the skins; cover with boiling water and cook tender. Drain, lay for a minute in cold water until you can handle them, and cut each carrot in two, each half into strips. Heat a tablespoonful of butter in a frying-pan with a half teaspoonful of white sugar, a little salt and pepper, and when it boils lay in the strips of carrot. Cook three minutes after the bubble recommences; sprinkle with chopped parsley, toss about for one minute, drain and serve hot.

TO DRESS CUCUMBERS.

Pare, and lay in cold water (ice water, if possible) for an hour; slice very thin; sprinkle a little fine salt over each piece; let stand

an hour; shake the dish briskly; drain closely; cover with good, sharp vinegar, and add a dash of pepper and serve.

FRIED CUCUMBERS.

Pare two or three large cucumbers, cut them into slices one-fourth of an inch thick. Drain them on a cloth, season with pepper and salt; dredge with flour, and fry in a little hot butter until nicely browned; pile lightly in a dish and serve. Fried cucumbers are often served as a garnish for beefsteak.

STUFFED CUCUMBERS.

Cut good-sized young cucumbers into halves, lengthwise, and remove the seeds. Fill the hollows thus left with a force-meat made of equal parts of chopped roast beef and minced boiled ham, with half as much fine bread crumbs. Moisten this stuffing with melted butter and season to taste. Place the halves of each cucumber carefully together and tie with soft twine. Place in a roasting-pan, pour about them a cupful of skimmed beef stock, and cook until tender. Remove the strings, transfer the cucumbers to a hot platter, thicken the gravy left in the pan and pour it about them. This is a Syrian recipe.

CABBAGE AND CAULIFLOWER.

BOILED CABBAGE.

Select a medium-sized, firm, white, sweet, crisp head of cabbage; remove the outer leaves; cut in quarters and wash, examining carefully to see that there are no insects; let stand half an hour in cold water; and then put to cook in a kettle of boiling water; when it has boiled fifteen minutes pour off the water and fill the kettle again with salted boiling water; allow to boil thirty minutes from the time it was first put into the kettle. Take the cabbage from the water into a colander; remove the heart and all fibrous portions; press out every drop of water possible; put the cabbage into a saucepan on the range; add salt and white pepper to taste, a teaspoonful of sugar, two table-spoonfuls of butter, and, if you like, half a teacupful of good cider vinegar; allow to get very hot, stirring enough to distribute the seasoning. Serve in a hot dish. Garnish with slices of hard-boiled eggs.

BAKED CABBAGE.

Boil cabbage tender in two waters, drain and set aside until cold, then chop fine. Mix together two beaten eggs, two tablespoonfuls of melted butter, two tablespoonfuls of cream, a saltspoonful of salt and a dash of paprika. Stir this into the chopped cabbage and put it into a buttered pudding-dish. Sprinkle bread crumbs over the top and bake until brown.

CAULIFLOWER.

CAULIFLOWER BOILED WHOLE.

Choose a fine, white head for this purpose. Put it, flower downward, into ice-cold salted water for half an hour. Tie, then, in coarse cheese cloth or netting, and plunge, head foremost, into a pot of boiling salted water. Cook half an hour, drain, take off the cloth and dish. Pour a rich white sauce over it.

CELERY.

Let the roots be scraped; remove all the decayed and outside leaves; wash thoroughly, carefully removing all specks and blemishes. If the stalks are large divide them lengthwise into two or three pieces and place roots downward in a celery glass, which should be nearly full of cold water. The top leaves may be curled by shredding them in narrow strips with the point of a clean skewer.

STEWED CELERY—A LA CREME.

Boil six heads of celery in salted water until tender. Put half a pint of cream and a blade of mace into a saucepan on the range; shake the saucepan over the fire until the cream thickens; dish the celery; pour the sauce over it, and serve. Stewed celery may also be served with white sauce, or with asparagus on toast, with melted butter poured over it. It is delicious in either way.

KOHLRABI WITH LEAVES.

Remove the outer leaves from the swelled stalk, or turnip; wash thoroughly and throw into cold water. Drain both and put them on to boil in separate vessels of salted water. When the turnips have

cooked for ten minutes, drain and pour over them fresh boiling water, to which a tablespoonful of vinegar has been added. Boil for ten minutes longer; drain, scrape and slice. Dip the slices, one by one, in melted butter and lay about the edge of a hot platter. Drain the leaves which have been cooked tender, turn into a chopping bowl and chop very fine. Return to the fire with two tablespoonfuls of butter, pepper and salt to taste. Beat to a smoking mass, and heap in the centre of the heated platter, about the edge of which you have laid the sliced vegetable.

BOILED BROCCOLI.

Take off the outside leaves and cut the inside ones off level with the flower; look over carefully and cut off the stalk close at the bottom; put into cold salted water, heads downward, for half an hour. Put into a saucepan with boiling salted water—a heaping tablespoonful of salt to half a gallon of water—and boil quickly over a clear fire. Remove from the kettle the moment it is done; drain, pour over it a little melted butter, and serve.

BOILED BRUSSELS SPROUTS.

Pick over and wash nicely; put to cook in a saucepan of salted boiling water; keep the pan uncovered and boil briskly until tender; drain, pour over them a little melted butter seasoned with pepper, and serve.

BOILED SEA KALE.

Prepare the kale for cooking, by looking over carefully, removing wilted or imperfect leaves, and washing thoroughly in at least two waters; tie in bunches, put it into boiling salted water, and boil quickly until tender; drain, untie the bunches, and serve with melted butter or white sauce. If dressed with melted butter, a little vinegar or lemon juice may be added.

STEWED SEA KALE.

Prepare as for boiling; parboil it in salted water, and then stew it for half an hour in good brown gravy; pour into a good warm vegetable dish and serve.

OKRA.

Select young, tender pods; boil in a tin or porcelain saucepan, in a little slightly salted water, until tender; drain, season with butter,

pepper and salt; stir until well mixed with the seasoning and thoroughly heated.

OKRA AND TOMATO.

Slice young, tender pods crosswise; peel and slice enough ripe tomatoes to make one-third as much by measure as you have of the sliced okra; slice one or two green peppers, and stew with the okra and tomato; when cooked, season with butter and salt and serve.

DANDELIONS.

About a peck of dandelion leaves will be required for a pint when cooked. Look each leaf over carefully and after washing well in several waters, lay them in cold water for twenty minutes. Put over to cook in an abundance of boiling water; put in a tablespoonful of salt and cook from thirty to forty minutes. They will require a longer time if the leaves are not tender. When done, put into a colander, drain and press out all the water; return to the stove in a saucepan; season with a little pepper and a teaspoonful of butter. Cut through with a sharp knife and mix thoroughly. Put in a hot dish and garnish, if liked, with slices of cold hard-boiled eggs. Serve with vinegar. Some prefer to boil a small piece of fat salt pork, well washed, with the dandelions, putting it in when the water is changed. Dandelions make very nice greens and are considered very wholesome, but can rarely be obtained outside of rural districts. They certainly should be as marketable as spinach.

STEWED ENDIVE.

Look over carefully and see that there are no insects. Wash thoroughly in plenty of water; put into slightly salted boiling water for fifteen minutes; drain and press the water all out; chop very fine. Put into a stew-pan with a pint of good stock for every six heads of endive; boil until perfectly tender. When done thicken the gravy with two tablespoonfuls of flour rubbed smooth in half as much butter; add a tablespoonful of lemon juice and a small lump of sugar; boil up and serve.

CURLED CRESS.

Those having a garden will find a satisfaction in having a small bed of curled cress. It is very nice for a relish at tea, for soups and for garnishing, and may be used in other ways which will suggest

themselves to the housewife. For tea, separate the leaves; look over carefully, wash, shake out the water, and place on a plate with the stems pointing toward the centre. Fill the plate quite full and put a little cold water in it; send to the table and eat with salt. This makes an agreeable looking dish, as well as an appetizing one.

STEWED SALSIFY OR VEGETABLE OYSTERS.

Wash and scrape; slice thin and put immediately into cold water, in which there is a tablespoonful of vinegar; this will prevent them from turning dark. Put to cook in boiling salted water, allowing a pint of water for a pint of the cut salsify. When tender, add a teacupful of sweet cream, or milk, a tablespoonful of butter—two if you use milk—and a little white pepper. Let simmer two or three minutes. Have ready in a tureen some slices of toasted bread cut in quarters; add the stewed salsify and serve. It may be necessary to add more water to the salsify before seasoning, as the toast will absorb a good deal of the liquor and it should not be at all dry. The seasoning in this recipe is intended for a quart of the sliced root after it is cooked.

FRIED SALSIFY.

Wash, scrape, cut lengthwise, and throw into floured water (as directed above) until the whole quantity is prepared; then put into boiling water with a little salt, and cook until nearly tender. Drain off the water and dip the piece into beaten egg, then in cracker dust, and fry to a delicate brown in hot butter, seasoned with pepper and salt.

SALSIFY FRITTERS.

Boil the salsify very tender and mash smooth; season with pepper, salt, butter and cream; add a tablespoonful of flour and a well-beaten egg, for a pint of mashed salsify. When cold, make into small cakes, roll in flour and fry in hot butter or drippings.

SPINACH.

Look over each leaf carefully, rejecting the wilted or discolored ones. Wash thoroughly, changing the water until satisfied the grit is all removed; then allow it to lie a while in cold water. Put into salted boiling water and boil from twenty to thirty minutes. Drain, cut into coarse pieces with a sharp knife, put into a hot dish, sprinkle

with a little pepper and fine bits of butter. Set in a warming oven a few minutes; garnish with slices of hard-boiled eggs; serve a piece with a spinach to each, also vinegar should be passed with it. Many like spinach chopped very fine, but I think it is more agreeable in taste and appearance if cut or chopped coarse.

SPINACH DRESSED WITH CREAM.

Boil two pailfuls of spinach; press out the water; chop fine and put it into a saucepan with two ounces of butter; allow to simmer, stir until the butter is well mixed with the spinach; add half a tea-cupful of cream, previously heated, that it may not curdle, a small teaspoonful of sugar, and a very little grated nutmeg. Serve on a warm dish and garnish with croutons or slices of hard-boiled egg.

FRIED MUSHROOMS.

Melt a great spoonful of butter in an agate frying-pan. Peel the mushrooms and cut off their stems, scraping the latter. Lay the mushrooms with their scraped stalks in the frying-pan and cook, turning often, until done. Serve very hot.

BAKED MUSHROOMS.

Peel very large mushrooms and cut off their stems. Grease a shallow pudding-dish and put a layer of mushrooms, under sides upward, into this. Into each mushroom pour a few drops of melted butter. Do not put more than two layers in the dish. Bake, closely covered, in a quick oven until tender. This should be in about twenty minutes. When done, remove the cover, pour melted butter over the mushrooms, and serve very hot in the dish in which they were cooked.

VEGETABLE HASH.

Chop rather coarsely the remains of vegetables left from a boiled dinner, such as cabbage, parsnips, potatoes, etc., sprinkle over them a little pepper; place in a saucepan or frying-pan over the fire; put in a piece of butter the size of a hickory nut; when it begins to melt, tip the dish so as to oil the bottom, and around the sides; then put in the chopped vegetables; pour in a spoonful or two of hot water from the tea-kettle; cover quickly so as to keep in the steam. When

heated thoroughly take off the cover and stir occasionally until well cooked. Serve hot. Persons fond of vegetables will relish this dish very much.

VEGETABLE OMELET.

Make a puree by mashing up ready-dressed vegetables, together with a little milk, cream or gravy, and some seasoning. The most suitable vegetables are cucumbers, artichokes, onions, sorrel, green peas, tomatoes, lentils, mushrooms, asparagus tops, potatoes, truffles or turnips. Prepare some eggs by beating them very light. Pour them into a nice hot frying-pan, containing a spoonful of butter; spread the puree upon the upper side; and when perfectly hot, turn or fold the omelet together and serve. Or cold vegetables may be merely chopped small, then tossed in a little butter, and some beaten and seasoned eggs poured over.

RICE.

BOILED RICE.

Into three pints of hot salted water, when at a fast boil, throw half a cupful of raw rice, previously washed and picked over. Keep it at a furious boil for twenty minutes, when test a grain to see if it is done. If it is soft, drain away every drop of water; set the uncovered pot at the back of the range for two minutes to dry off the rice, and serve. Not a spoon should touch it while cooking, and each grain should be whole and apart from the rest.

This, the one and only way to boil rice properly, is also the easiest. Shake the saucepan up three times while the rice is in cooking, to make sure it does not clog.

Serve in a hot, uncovered dish. Eat with butter, salt and pepper.

MAC ARNI AND SP I I E T

Grate Gruyere cheese on macaroni,

Make the top crisp, but not too bony.

Do not wash macaroni, but wipe it well with a clean, dry towel; put it to cook in plenty of salted boiling water; the length of time required for cooking it will vary with the age and kind of macaroni, the large tubes will require about twenty-five minutes; when the maca-

roni is tender enough to break easily, it is done, and should be removed from the saucepan into a large pan containing cold water; stir it about briskly until each little tube is entirely separated from the mass. It can now be heated with butter enough for seasoning, and a dressing of cheese. Onions previously fried in butter till a nice brown, with tomatoes, minced meats or mushrooms, or a white or brown gravy may be added to it.

AN ITALIAN COOK'S MACARONI.

Slice, very thin, one ordinary-sized onion and one carrot; put in a pot with one tablespoonful of butter, and let it fry for a little while; then put in the pot two pounds of tender, juicy beef, that has been cut in rather thick slices. Stir it about until it has browned nicely, then add one quart of tomatoes, two bay leaves, three cloves, pepper and salt to taste. Let it stew slowly for two hours or more, so that the sauce gets thick. Then strain it through a sieve until all the sauce is free from the meat. Take one pound of macaroni and boil it for twenty minutes in water salted to taste. Drain off the water and put it in a large deep dish, pour over it the sauce and put in a half pound of grated Swiss cheese. Mix all thoroughly, and serve hot.

BAKED SPAGHETTI.

Into boiling salted water put one-half pound of spaghetti, boil twenty minutes or until soft; drain and let cold water run through it, to keep it from becoming pasty.

Into a baking dish put a layer of spaghetti, then two or three tablespoonfuls of "White Sauce" (made with a cup and one-half of hot milk, one tablespoonful of butter, and one heaping tablespoonful of flour); add two or three tablespoonfuls of stewed tomatoes—repeat this until the dish is filled—over the top put half cup of grated Parmesan cheese. Cook in the oven until the cheese is well browned.

SPAGHETTI WITH CHICKEN.

Slice four ordinary-sized onions; cook them slowly in butter until very tender; add to the onions one quart of tomatoes; stew one chicken and pick it into small pieces; add enough of the gravy to make one quart; pour this with the tomatoes and onions; let all cook together fifteen minutes. Into a kettle of boiling water put two

pounds of spaghetti, with one handful of salt, and allow it to boil twenty minutes, or until tender. Drain off water and place a layer of spaghetti on a platter; over this throw some of the gravy or sauce already made, and sprinkle grated cheese. Do this alternately until all the ingredients are used. Parmesan cheese is the best.

This will make enough for twelve people. By simply warming, it is quite as good the second day.

BUTTER AND CHEESE.

TO SERVE BUTTER.

Nothing adds more to the appearance of the table than the golden ball of perfectly sweet butter. With prime or gilt-edge butter, perfect bread or rolls, and delicious coffee the most fastidious epicure may breakfast royally.

Table butter, wrapped in dampened cheesecloth squares, keeps sweet and firm.

Butter, made into balls for the table, should be kept in a bowl of cold water in the refrigerator and the water changed every morning.

BONNY-CLABBER.

The milk should sour and thicken quickly for this dish. Pour the sour milk, before it thickens, into a glass dish. When thick, set on ice. Serve cold with sugar and cream. It is a nice addition to a luncheon or supper table.

DEVONSHIRE CREAM.

The milk should stand twenty-four hours in cold weather, but twelve hours will be sufficient in warm weather; set the pan of new milk over a kettle of hot water until quite hot—the more slowly it heats the better; when it is done, small rings will begin to appear on the surface; set it in the milk room until the next day, then remove the cream. Devonshire cream is very delicious eaten with fresh fruits.

COTTAGE CHEESE.

Set a pan of sour loppered milk over a kettle of hot water, and heat slowly until the curd and whey separate. (Do not let the water get boiling hot; as the milk will heat too quickly and it will make the milk tough.) Then drain well in a cloth; turn out the curd in an earthen dish; season to taste with a little salt and butter; a little milk or sweet cream may be added until moist enough. If the draining bag is not likely to allow the cheese to become dry enough to require the cream, give it a few *light* squeezes, as the milk or cream is a great improvement. Stir the seasoning in well and form into small balls with the hands, or serve in one mold. Put in a cool place. This is very delicious for the tea or lunch table, and is best when first made.

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PRESERVES.

CANNING RED RASPBERRIES.

Fill the jars with fruit, shaking down well (but do not crush). Adjust covers and rubbers, and place in a kettle of cold water in the same manner as explained. Then bring to boiling point, and boil until the steam will issue from the jar of fruit when opened. Lift from the kettle, and fill to the brim with a hot (boiling) syrup made in proportion of one cup of sugar, half a cup of water, and, for a pint can of raspberries, add one tablespoonful of currant juice. The currant juice gives the berries such a rich flavor that those canned without it seem flat in comparison.

PRESERVED STRAWBERRIES.

For every pound of fruit weigh a pound of granulated sugar, put them with the sugar over the fire in a porcelain kettle, bring to a boil slowly about twenty minutes. Take them out carefully with a perforated skimmer, and fill your hot jars nearly full; boil the juice a few minutes longer, and fill up the jars; seal them hot. Keep in a cool, dry place.

TO PRESERVE BERRIES WHOLE.

Buy the fruit when not too ripe, pick over immediately, wash if absolutely necessary and put in glass jars, filling each one about two-thirds full.

Put in the preserving kettle a pound of sugar and one cupful of water for every two pounds of fruit, and let it come slowly to a boil. Pour this syrup into the jars over the berries, filling them up to the brim; then set the jars in a pot of cold water on the stove and let the water boil and the fruit become scalding hot. Now take them out and seal perfectly tight. If this process is followed thoroughly, the fruit will keep for several years.

PRESERVED CHERRIES.

Take large, ripe cherries; weigh them, and to each pound allow a pound of sugar. Stone the cherries (opening them with a sharp knife), and save the juice that comes from them in the process. As

you stone them, throw them into a large pan or tureen, and strew about half the sugar over them, and let them lie in it an hour or two after they are all stoned. Then put them into a preserving kettle with the remainder of the sugar, and boil and skim them till the fruit is clear and the syrup thick.

TO CAN CHERRIES IN COLD WATER.

Select perfect fruit, wash; pick off stems; pack in jars and let cold water run into the same until they will hold no more and the air all bubbles out. Dry and put on lids; cover with paper bag; set in a dark, cool place until wanted for use.

PRESERVED CRANBERRIES.

The cranberries must be large and ripe. Wash them, and to six quarts of cranberries allow nine pounds of the best loaf sugar. Take three quarts of the cranberries and put them into a stew-pan with a pint and a half of water. Cover the pan and boil or stew them until they are all in pieces. Then squeeze the juice through a jelly bag. Put the sugar into a preserving kettle, pour the cranberry juice over it and let it stand until it is all melted, stirring it up frequently. Then place the kettle over the fire and put in the remaining three quarts of whole cranberries. Let them boil till they are tender, clear and of a bright color, skimming them frequently. When done put them warm into jars with the syrup, which should be like a thick jelly.

ORANGE MARMALADE.

Allow pound for pound. Pare half the oranges and cut the rind into shreds. Boil in three waters until tender and set aside. Grate the rind of the remaining oranges; take off and throw away every bit of the thick, white inner skin; quarter all the oranges and take out the seeds.

Chop or cut them into small pieces; drain all the juice that will come away without pressing them, over the sugar.

PINEAPPLE PRESERVES.

Twist off the top and bottom, and pare off the rough outside of pineapples; then weigh them and cut them in slices, chips or quarters, or cut them in four or six, and shape each piece like a whole pine-

apple; to each pound of fruit put a teacupful of water; put it in a preserving kettle, cover it and set it over the fire, and let them boil gently until they are tender and clear; then take them from the water by sticking a fork in the centre of each slice, or with a skimmer into a dish.

Put to the water white sugar, a pound for each pound of fruit; stir until it is all dissolved; then put in the pineapple, cover the kettle, and let them boil gently until transparent throughout; when it is so, take it out, let it cool, and put it in glass jars; let the syrup boil or simmer gently until it is thick and rich, and when nearly cool pour it over the fruit. The next day secure the jars, as before directed.

Pineapple done in this way is a beautiful and delicious preserve. The usual manner of preserving it, by putting it into the syrup without first boiling it, makes it little better than sweetened leather.

BRANDIED PEACHES.

Select large, yellow peaches; pare them; cook them until clear in a syrup made of a pound of loaf sugar for every pound of peaches and water enough to dissolve the sugar; take the fruit from the syrup and put it into glass cans; then boil the syrup until quite thick; add a quart of the best white brandy for eight pounds of peaches; pour over the peaches hot; seal the glass jars, and store in a cool, dark place. Pears and plums may be brandied in the same way; berries require only half as much sugar and brandy.

BRANDIED CHERRIES.

Select perfectly sound fruit, firm and not too ripe; wipe dry with a soft cloth, and snip the stems from each one quite close to the fruit; a very tiny bit of the stem should be left on the fruit, and the pit should not be removed. Pound and sift two pounds of loaf sugar for each pint of brandy used, and when the sugar is dissolved, pour the brandy over the cherries, covering them completely; cork closely to keep out the air, and run melted wax around the top. When about to use, the pit may be removed carefully from one side of the cherry, and the stem removed. They are useful in making salads of mixed fruits, are good with cheese salads; they may also be used in a mixture of frozen fruits.

APPLE BUTTER.

Boil one barrel of new cider down half, peel and core three bushels of good cooking apples; when the cider has boiled to half the quantity,

add the apples, and when soft stir constantly for from eight to ten hours. If done it will adhere to an inverted plate. Put away in stone jars (not earthenware), covering first with writing paper cut to fit the jar, and press down closely upon the apple butter; cover the whole with thick brown paper snugly tied down.

APPLE JELLY.

Quarter without peeling or coring them, tart, juicy apples. Drop the apples, as you cut them, into cold water. When all are done put the fruit, with the moisture upon it, in the preserving kettle, and simmer very gently until the juice flows freely. Boil slowly until the apples are tender and broken. Turn, a little at a time, into a flannel jelly-bag, and allow the juice to drip through. If the bag is squeezed the jelly will be cloudy. Measure the juice, and to each pint of it allow a pound of granulated sugar. Put the sugar in pans in the oven to heat. Return the juice to the fire and boil for twenty minutes; skim it, pour into it the sugar and stir until this is dissolved, bring again to the boil, and remove the kettle from the fire. Set jelly glasses on a wet cloth to prevent their cracking, and fill at once.

QUINCE MARMALADE.

Ten pounds of ripe, yellow quinces; wash clean, pare, and core them, and cut them in small pieces. To each pound of quinces, allow half a pound of white sugar; put the parings and cores into a kettle, with enough water to cover them, boil slowly until quite soft, then having put the quinces with the sugar into a porcelain kettle, strain over them, through a cloth, the liquid from the parings, and cover; boil the whole over a clear fire until it becomes quite smooth and thick, keeping it covered except when you are skimming it, and watching and stirring closely to prevent sticking at the bottom; when cold put in glass jars.

GREEN GAGE PRESERVES.

When the fruit is ripe wipe clean, and to one pound of fruit put one-quarter pound of sugar, which will make a fine syrup; boil the fruit until it is perfectly done, in this syrup; then make a fresh syrup of one pound of fruit to one pound of sugar; moisten the sugar with water; when the syrup boils put in the fruit and leave for fifteen min-

utes; then put the fruit in jars; boil the syrup until thick, and when only milk-warm pour it over the fruit; tie the jars tightly and keep in a warm place.

PRESERVED GINGER ROOT.

Peel the green ginger roots and lay in cold water for fifteen minutes, then boil, changing the water twice, until very tender. Drain the ginger and weigh it before laying it in iced water. Allow a pound and a quarter of sugar to each pound of ginger. Wet each pound of sugar with a cup of water and put the sugar and water into the preserving kettle. Boil and skim until the scum ceases to rise, then remove the syrup from the fire and set aside until cold. Wipe each piece of ginger and lay it in the cold syrup. Stand for twenty-four hours, drain the ginger and reheat.

PRESERVED PEACHES.

Peel, stone and weigh firm white peaches, allowing to each pound of fruit a pound of white sugar. Arrange fruit and sugar in alternate layers in a broad preserving kettle, and set the kettle at the side of the stove where the contents will heat slowly. Stew for about half an hour after the preserves come to a boil, or until the peaches are tender when pierced by a fork. With a perforated skimmer take the peaches from the syrup, and spread them on a platter while you boil the syrup until clear and thick, skimming often. Pack the fruit in jars, fill these to overflowing with the boiling liquid, and seal immediately. Stand the jars in a pan of hot water while filling them.

PRESERVED CITRON RIND.

Peel and cut the rind into pieces of uniform size, rejecting all the seeds. Lay the rind in salted water for two hours, then drain and lay in cold fresh water for six or seven hours, changing the water three times during that period. Drain, put the citron on to boil in a gallon of water, to which you have added two teaspoonfuls of alum. Stew until tender, drain, and lay in cold water.

Make a thick syrup of sugar and water, and when it boils cook the rind in it for fifteen minutes. Remove the rind, pack in jars, add to the syrup in the kettle enough lemon juice and ginger root to flavor it.

When very thick, fill the jars with the boiling syrup, and seal.

TOMATO PRESERVES.

Scald and peel ripe tomatoes; sprinkle over them their weight in sugar, and let them stand over night. In the morning pour off the liquid and boil to a thick syrup; add the tomatoes and boil until they look clear and seem well cooked; the time required will depend upon their size; cook with them, sliced thin, a lemon to each pound of the tomatoes. Put in a jar and, when cold, cover close.

WATERMELON RIND PRESERVES.

Remove the outside rind of the melon and scrape out the soft inside. Cut the rind into strips. Line a kettle with vine-leaves, lay in the rind in alternate layers with more grape-leaves, sprinkle each layer lightly with powdered alum, pour in a very little cold water, cover the kettle closely, and steam the contents for three hours. Do not let the rind boil during this time. Drain the rind, and throw into cold water. Soak for four hours, draining and adding fresh, cold water every hour.

Put into the preserving kettle two and a half pounds of granulated sugar and a quart of water, and bring to a boil, skimming off the scum as it rises to the surface.

TO CAN RHUBARB.

Select fresh rhubarb, wash in cold water and cut into pieces about one-half to three-quarters of an inch long without removing the skin, as that is the part which contains the flavor and color. Pack in jars until each jar is brim full; set under hydrant faucet and let the water run for a minute or two. Wipe the top dry and screw on. Cover the jar with manilla paper bag and set in a dark, cool place until needed for use. Use no sugar, no heat!

JELLIES AND JAMS.

RASPBERRY JAM.

To every quart of raspberries allow a pound of granulated sugar. Put sugar and berries into a pan, and let them stand two or three hours. Then boil them in a porcelain kettle, taking off the scum carefully. When no more scum rises, mash them and boil to smooth marmalade. Any kind of berry or currant jam may be made in the same manner.

GRAPE JAM.

Take skins from grapes and put them in a kettle with just enough water to cover; cook until they can be easily strained through a sieve to separate seeds. Return skins to the pulp, add one pound of sugar to one pint of fruit, and boil gently fifteen minutes.

JELLIED GRAPES.

A very delicious dish is made of one-third cup of rice, two cups of grapes, half cup of water and two spoonfuls of sugar; sprinkle rice and sugar among the grapes, place them in a deep dish, pour on the water, cover close, and simmer two hours in the oven. If served warm, as pudding, increase the rice and sugar a trifle.

SPICED GRAPES.

Pulp the grapes; cook them so that straining will separate pulp and seed. To seven pounds of grapes (half pulp and half seed) add four pounds sugar, one-half tablespoonful ground cinnamon and the same quantity of cloves. Boil four hours.

SPICED CURRANTS.

Take five pounds of currants, four pounds of sugar, two tablespoonfuls of ground cinnamon, one tablespoonful of ground cloves and one pint vinegar. Boil slowly for three hours.

SPICED PLUMS.

Four pounds of stoned plums, one tablespoonful of mace, cloves, allspice, cinnamon and two pounds of sugar. Put into a kettle, cover with vinegar and boil until the mixture is clear.

WINE JELLY.

One and one-fourth to one and one-half ounces gelatine, one and one-fourth pints of cold water, half pint of sherry, Madeira or marsala, one-fourth pint of lemon juice, five ounces of loaf sugar, two cloves, one inch of cinnamon, the rind of two lemons thinly cut, the whites of two eggs whisked.

Soak the gelatine in the water for about ten minutes, and then put all the prepared ingredients into a saucepan over a slow fire, and whisk it until it begins to boil. Allow it to boil up well (about ten minutes), and then simmer for another ten minutes or more without stirring. Strain through a clean, scalded cloth. Return through the cloth until clear, each time putting a basin rinsed with hot water underneath. When clear, set in a mold rinsed with cold water, and let it stand until firm. It is recommended that this jelly should be set in ice. Turn out and serve. With first-class sherry or Madeira, it is safe to add it after straining the rest; or it may be added at the moment of straining, as by boiling some of the flavor is lost.

PORT WINE JELLY.

One ounce of gelatine, two ounces of white sugar candy, one teaspoonful of grated nutmeg, one and one-half pints of port wine, half ounce of gum arabic.

Put the gelatine, the sugar candy, the gum arabic and the grated nutmeg into a jar. Pour the port wine over them, cover the jar with a cloth to keep out the dust, and leave until the following day. Afterward set the jar in a saucepan of hot water and simmer until dissolved, stirring occasionally. Take the jar out of the water and pour the contents into a mold. The jelly must not be strained. If the flavor of nutmeg is not liked it may be omitted, and other spices used in its place.

CLARET JELLY (EXCEPTIONALLY GOOD).

Three-quarters of an ounce of gelatine, half pint of claret, half pint of water, rind and juice of one lemon, a few drops of cochineal, one gill of raspberry jam or syrup from fresh fruit, four ounces of sugar, one clove and half an inch of cinnamon or one tablespoonful of brandy.

Soak the gelatine in the water for ten minutes, then put all the ingredients together in an enameled saucepan. Whisk until it boils up well; let simmer ten minutes. Color with the cochineal, and strain through a coarse cloth, scalded. Pour into a jelly mold rinsed in cold water, and allow to set in a very cool place. If preferred, pour into a border mold and serve with whipped cream in the centre.

BRANDY JELLY.

One and one-fourth ounces of gelatine, half pound of sugar, one quart of cold water, one gill of brandy, one lemon, whites of two eggs, nutmeg, six cloves and one bay leaf.

Put the cold water in a saucepan with the sugar and gelatine and grate in the rind of the lemon, squeezing in the juice as well; mix thoroughly, allow to stand ten minutes, and then place the saucepan on a hot stove. Beat up in a basin the whites of the eggs and add to the above mixture a little grated nutmeg, six cloves and a bay leaf, and mix all well for one minute. Stir the preparation, and when it comes to a boil set back to a cooler part of the stove and stir for six minutes. Strain through a clean, scalded cloth until clear and then add the gill of brandy. Pour into a mold, pack in ice until set, then turn out, wipe and serve.

ORANGE JELLY (CLEAR).

One and one-half ounces of gelatine, sugar to taste, whites and shells of two eggs, one pint of orange juice, half pint of lemon juice, half pint of water.

Soak the gelatine in the water, strain the orange and lemon juice and add to the gelatine, sweeten with loaf sugar and boil for a few minutes and allow to cool. Add the beaten whites and crushed shells of the eggs and boil the jelly up again. Strain through a clean, scalded cloth, pour into a mold and allow to set.

RASPBERRY JELLY WITH CREAM ICE.

Put half a pound or a pint of loaf sugar into a stew-pan with half a pint of cold water and the thinly pared rind of two lemons. Let the water come to a boil and then simmer for ten minutes. Stew until all the juice has been drawn from them, pass the juice through

a fine hair sieve. Then measure and reheat, dissolving in it gelatine in the proportion of half an ounce to each pint of liquid. Taste to see if it requires any more sugar and strain it into a basin. If handy when the jelly is cool, add a wineglassful of sherry and pour all into a mold to set. Put a cup of milk into a double boiler with eight tablespoonfuls of sugar and the thinly pared rind of a lemon. Stir on the stove until the sugar has dissolved and leave until cold. Whip a cup of cream, stir it into the basin containing the cooked milk and freeze. Serve together with raspberry jelly.

PEACH JELLY.

Pare the peaches, take out the stones, then slice them; add to them about a quarter of the kernels. Place them in a kettle with enough water to cover them.

Stir them often until the fruit is well cooked, then strain, and to every pint of the juice add the juice of a lemon; measure again, allowing a pound of sugar to each pint of juice; heat the sugar very hot, and add when the juice has boiled twenty minutes; let it come to a boil, and take instantly from the fire.

PEACH MARMALADE.

Peel ripe peaches, stone them and cut them small; weigh three-quarters of a pound of sugar for each pound of cut fruit and a teacup of water for each pound of sugar; set it over the fire; when it boils skim it clear, then put in the peaches; let them boil quite fast; mash them fine and let them boil until the whole is a jellied mass and thick, then put it in small jars or tumblers; when cold secure it as directed for jellies. Half a pound of sugar for a pound of fruit will make nice marmalade.

CHOCOLATE JELLY.

One pint of boiling water, two pinches of salt, one and one-half squares chocolate, one-third package of gelatine, two level tablespoonfuls of sugar, one teaspoonful of vanilla.

Put the water, salt and chocolate in a saucepan. Cook, stirring until the chocolate melts, then let it boil for three or five minutes. Soften the gelatine in a little cold water and pour the boiling mixture over it. Stir until dissolved, then add sugar and vanilla. Pour into a mold and set aside to harden; serve with cream and powdered sugar or sweetened whipped cream.

RUSSIAN JELLY.

Half a cupful of canned or preserved fruit or berries, half a box of gelatine, one cupful of boiling water, one-fourth cup of lemon juice, two tablespoonfuls of wine, half a cup of cold water, one and one-half cupfuls of sugar, half a cup of orange juice.

Put the berries, if fresh, through the press, and cover with one-half cup of sugar. Cover the gelatine with the cold water and let it stand one-half hour. Add the boiling water, and when the gelatine is dissolved, add the sugar, fruit juices and wine. As soon as the jelly begins to harden, whip with a wire beater until the whole mass is frothy like snow pudding. Put away in mold previously wet with cold water, to harden.

PLUM PUDDING JELLY.

Half a box of gelatine, one cupful of sugar, one cupful of raisins, one ounce of chocolate or cocoa, two cupfuls of milk, one-fourth cupful of currants, one-fourth cup of sliced citron.

Cover the gelatine with one-half of a cup of cold water and let stand for half an hour. Put the raisins through the seeder. Carefully clean the currants and slice the citron. Cover the fruit with one tablespoonful of orange juice or sweet wine. Scald the milk, add the sugar and stir until dissolved. Melt the chocolate over hot water and add to the scalded milk. Dissolve the gelatine over hot water, strain into the milk and remove from the fire. Let the pudding stand until it begins to form before adding the fruit. Stir it gently until well mixed and the jelly has formed sufficiently so the fruit will not settle to the bottom. Turn into a mold previously wet with cold water, and put away to harden. Serve with whipped cream.

INVALID BEEF TEA JELLY.

One-fourth of an ounce of gelatine, one-half pint of strong beef tea.

Make half a pint of good beef tea and strain into a basin. Soak the gelatine in a little water, then dissolve over a gentle heat and strain into the beef tea. Season and pour into small molds rinsed in cold water or into china cases. When firm, dip the molds into hot water, and turn quickly out onto a dish—or if in china cases, serve in the case. Increase the gelatine in warm weather. This is usefully remembered in the case of invalids on tepid diet, as it is very palatable and soothing in that form.

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Of pickled peppers.”

CUCUMBER PICKLES.

Choose only small cucumbers, as they make pretty, as well as tender, pickles. Lay one hundred and fifty small cucumbers in cold water for an hour. Remove and drain, then turn into a perfectly clean stone crock, and pour over them cold brine, so strong that an egg will float on the surface. After standing in this for three days the pickles may be removed, drained and dried on a clean towel. Wash the stone crock and return the cucumbers to it. Cover with pure water until the next day. Have ready on the range hot vinegar in which you have boiled two minced onions, twenty cloves, an ounce, each, of mustard and celery seed and a few blades of mace. Fill the jar with this boiling mixture, and add a cupful of sugar, stirring the cucumbers up from the bottom. Cover tightly. In a week scald the vinegar again, and return to the jar. Let the pickles stand for six weeks before using. Six months is even better.

PICKLED ONIONS.

Select small, white onions, put them over the fire in cold water, with a handful of salt; when the water becomes scalding hot, take them out and peel off the skins; lay them in a cloth to dry, then put them in a jar; boil half an ounce of allspice and half an ounce of cloves with a quart of vinegar; take out the spice, and pour the vinegar over the onions while it is hot; tie up the jar when the vinegar is cold, and keep it in a dry place.

PICKLED BEETS.

Select nice red beets and boil until tender. Plunge each one separately into cold water, and with your hands give a little twist to strip off the skin. Cut lengthwise into strips. Place these, not too closely, in glass jars, leaving room that the liquor may surround each piece. To two quarts of vinegar add four pounds of brown sugar and one-half teaspoonful of alum, powdered. Let this boil. After skimming, add one teaspoonful, each, of cloves, allspice, mustard, a few peppercorns—all unground and tied in a bag. Boil again, adding

a little cayenne and salt. Pour over the beets. Next day drain off the syrup, bring to a boil, pour over the beets again, then seal. This pickle will be of a rich red color and very delicious.

ENGLISH CHOW-CHOW.

One-quarter of a peck of green beans, one quart of small onions, one quart of green sliced tomatoes, two dozen small cucumbers, one dozen small green peppers, one dozen chopped red peppers, one cauliflower, two ounces of white mustard seed, the same quantity of black mustard seed, one-half pound of yellow ground mustard, one-fourth of a teacupful of sweet oil, a tablespoonful of tumeric powder, one teaspoonful of celery seed; scald the beans, onions, pepper, tomatoes, cauliflower, cucumbers and vinegar, and drain through a colander; then place in a jar; put on the fire fresh vinegar sufficient to cover the pickle, and put into it all the seed and two-thirds of the ground mustard; let it boil some minutes, then mix the remainder of the mustard, the tumeric and oil together; stir in, and let it boil up once and pour over the pickle.

RED CABBAGE PICKLE.

Quarter the cabbage and lay in a jar. Cover with salt and let it stand for twenty-four hours. Drain off the brine; wipe dry and cover with cold water for twelve hours. Bring two quarts of vinegar to the boil, spicing it, as you do so, with equal quantities of whole cloves, white peppers and blades of mace broken into tiny bits, a half cupful of sugar and two tablespoonfuls of celery seed. Pack the cabbage into a crock, and, after the vinegar and spices have boiled together for ten minutes, cover the cabbage with the scalding vinegar. Cover, and keep in a cool place. It must not be used under six weeks or two months.

STUFFED MANGOES OR PEPPERS.

Cut the tops from green peppers, and with a sharp knife remove the seeds. Fill the peppers with salt and cover with cold water. Let them stand thus for two days, then drain; leave in cold water for a day and fill with a stuffing made of two tablespoonfuls of minced cabbage, two tablespoonfuls of horseradish, grated, a teaspoonful of minced onion, a half-teaspoonful, each, of powdered mace, nutmeg and ginger, a teaspoonful, each, of celery seed, peppercorns and ground mustard, a teaspoonful of sugar and a tablespoonful of salad

oil. When the peppers are stuffed tie on the tops with soft twine, pack in a crock and fill the crock with boiling vinegar. Repeat the scalding a week later. Cover, and let them stand for several months before using.

CANTELOUPE PICKLE.

Cut the fruit in slices, remove the seeds and soft part and peel very thin. Boil in lightly salted water ten minutes, remove and cool. To seven pounds of fruit allow one quart of vinegar, three pounds sugar, three pieces stick cinnamon four inches long and one ounce, each, allspice and cloves. Boil sugar, vinegar and spices together ten minutes, add the sliced melon and cook five minutes. Take out the fruit with a skimmer and pack in jars. Cook the syrup ten minutes longer and pour over fruit in jars. Preserved ginger is considered an improvement by many.

PICCALILLI.

One-half bushel of green tomatoes, one-half peck of onions, sliced, sprinkle salt through them and let stand over night; in the morning drain off the water; put over the fire, with enough weak vinegar to cover; let simmer slowly until a little tender, but not cooked to pieces; drain in a colander, and put a layer of the pickle in a jar; sprinkle over black mustard seed, ground pepper, cinnamon, cloves, allspice and a little sugar; continue in this way until the jar is filled; sprinkle plenty of spice over the top, pour over cold, strong vinegar; cover tight, and set away.

SPICED PEACHES.

Pare and, if very large, halve one peck fine Crawford peaches; to one pint of vinegar allow three pounds of white sugar, and of this make a rich syrup; drop into the syrup a small handful of broken cinnamon, a very little cloves and mace, and a few pieces of ginger root; when boiling, add as many peaches as the syrup will cover, and let them simmer for about ten minutes, then take out carefully with a spoon, put into jars; then cook more peaches in the same syrup; when all are cooked, make fresh syrup, and put over them in the jars.

SWEET PICKLED PEACHES.

Select ripe, but firm fruit, free from blemishes; peel them carefully; allow a pound of sugar to a pint of good cider vinegar; place cloves and cinnamon in a bag, and boil in the vinegar.

When the vinegar has come to a boil, drop in the peaches (a few at a time), and let them remain till done through, but not soft or broken; then remove them carefully with a skimmer and place them in jars; repeat this process till all are done, then fill up the jars with the remaining vinegar, and seal while warm.

In the same manner may be made sweet pickled pears, plums, crab-apples and cherries.

SWEET GREEN TOMATO PICKLES.

Slice one peck of green tomatoes and two quarts of small white onions, and sprinkle over them a large cupful of salt. Let them stand over night in the brine. In the morning drain well and let them stand in cold water for a few minutes. Pour this water off and add enough vinegar to cover. Add two pounds of brown sugar, one-fourth of a pound of mustard seed and two tablespoonfuls each of allspice, whole cloves and stick cinnamon. Cook all together until the pickles are tender; put into jars and seal.

PICKLED LIME RELISH.

One dozen thin-skinned pickled limes soaked for twenty-four hours in cold water, changing the water two or three times. Put over the fire in a saucepan of cold water, boil till a straw can penetrate easily. Let cool, cut in eighths and remove seeds. Make a syrup of one and one-half cups sugar, one-half cup water and one cup vinegar. Cook fifteen minutes and pour over the limes. Excellent served with cold meats and scalloped oysters.

TO MAKE SAUERKRAUT.

It is necessary to have a perfectly tight barrel or tub. It should be clean and sweet. Select good, firm heads of cabbage. Remove the outside leaves; cut in halves, take out the heart and shave the cabbage fine with a cabbage cutter. Sprinkle a tablespoonful of salt over the bottom of the barrel, then a layer of twelve quarts of the cut cabbage and a tablespoonful of salt.

Proceed thus until the barrel is as full as desired. One and a half pints of salt will be required for the barrel. Pound lightly each time after putting in the cabbage. Cover the top layer with a white cloth, then with a round wood cover that will fit the barrel nearly tight, on which place a weight according to the quantity of the cab-

bage. Forty-five or fifty pounds weight will be required for a barrel of cabbage. In twenty-four hours the juice should be over the cover; if not, add clear, cold water.

In a week, wash, every other day, the cover cloth weight, and the barrel down to the cabbage; to remove the scum. Do this as long as it seems necessary. If kept in a moderately warm place it may be used in about three weeks. It should then be set in a cool place.

CATSUP.

It is a comparatively simple operation to make catsup and chow-chow. Here are some recipes which, if carefully followed, will give the very best results.

They have all been tried and tested thoroughly and have stood the test of time. If you want to enjoy some delicacies of your own making and surprise your friends with a delicious treat, set to work and try them for yourself.

GRAPE CATSUP.

Five pounds grapes, one pint of vinegar; boil the grapes in the vinegar until well boiled, then strain; add two pounds of brown sugar, one tablespoonful of ground cloves and one each of ground cinnamon, ground allspice and ground black pepper; simmer all together for an hour.

TOMATO CHUTNEY.

One-half peck tomatoes, one-half peck apples, pared and cored, one-half pound salt, one-half pound brown sugar, one-half pound raisins, one-quarter pound ginger, two ounces garlic, two ounces eschalot, three quarts vinegar. Boil gently from five to six hours. Press through a colander and bottle.

TOMATO CATSUP.

Half a bushel of tomatoes; peel, stew and strain them; then add one tablespoonful of ginger, one tablespoonful of cloves, two tablespoonfuls of cinnamon, half a tablespoonful of red pepper, two-thirds of a teaspoonful of salt, one teaspoonful of mustard, one pint of vinegar, a few onions; simmer slowly three or four hours.

CHOW-CHOW.

Two bunches of celery, two quarts green tomatoes, two quarts white onions, one-half dozen green peppers, one dozen medium-sized cucumbers, two small heads of cabbage. All chopped fine. One-half cup salt, stir, put in kettle and add one pound sugar, one ounce turmeric, one ounce whole spice, one ounce cinnamon, one ounce all-spice, one ounce black pepper, one-half ounce cloves; simmer two hours. Bottle.

GOOSEBERRY CATSUP.

Five pounds of berries, two and a half pounds sugar; boil down until as thick as an apple butter; add cinnamon and cloves to taste, a pinch of salt, one pint of vinegar; strain through a hair sieve and bottle.

CUCUMBER CATSUP.

Three dozen large cucumbers, three white onions; grate all to a pulp, drain through a sieve several hours, add salt, pepper and good vinegar; seal in bottles.

SANDWICHES.

Art is required in making sandwiches. Simply placing a slice of meat between two slices of bread and butter by no means completes the process, nor does it follow that the result is a tempting morsel.

As one so often meets carelessly prepared sandwiches, a few hints on their preparation may prove useful, particularly as, during the summer months, when open air parties are in vogue, nothing can well take the place of delicately cut sandwiches.

The bread, which may be brown or white, must be stale enough to cut evenly, at least a day old, and a tin loaf is the most economical. The slices should be about one-eighth of an inch in thickness.

The butter must be above suspicion.

The mustard, freshly made and mixed with the butter for most savory sandwiches. Allow two teaspoonfuls of mustard (or more according to taste) to each half-pound of butter and mix the two by means of a wooden spoon.

Meat, game and poultry must be free from skin and gristle and cut into small, thin pieces, and hard-boiled eggs coarsely chopped and seasoned lightly.

The best part of lettuce should be used only, and needless to say, like all salad, must be absolutely clean. Peeled cucumbers must be cut into the thinnest possible slices and sprinkled with salt, pepper and a few drops of lemon juice.

After forming the sandwich, press the bread and butter firmly together. Trim off the crusts and cut into oblong, round, square or crescent shapes. Keep them covered with a damp cloth until required. Serve on a folded napkin and garnish tastefully with parsley, etc.

TOASTED CHICKEN SANDWICHES.

For luncheon sandwiches, cut very thin slices of bread, butter them and press them together, two and two, with a thin slice of cold chicken between. Then toast brown and serve quickly.

HAM SANDWICHES.

Required: Six tablespoonfuls of chopped boiled ham, the yolks of six hard-boiled eggs, four teaspoonfuls of chopped parsley, two ounces of butter, one teaspoonful of made mustard.

Chop the ham finely, then put it in a mortar with the hard-boiled yolks, mustard, parsley, the butter, which should first be gently

melted, and pepper to taste. Pound these all well together, and the mixture is ready for use.

DEVEILED HAM SANDWICHES.

One cupful of cold boiled ham, one teaspoonful of lemon juice, yolks of two hard-boiled eggs, one-fourth teaspoonful of mustard, three teaspoonfuls of melted butter.

Chop the ham fine. Rub the yolks of the eggs smooth with the butter, mix with the ham, mustard and lemon juice, and season to taste. Spread on thin slices of bread. Fold together or roll.

TONGUE SANDWICHES.

Make a dressing, one part mustard and five parts butter, add salt and pepper to taste and a little cayenne. Butter the bread with the dressing and lay between the slices thin slices of cold tongue.

LOBSTER SANDWICHES.

Season the finely-chopped meat of a lobster with a few drops of Tabasco sauce, lemon juice and oil, and spread upon thinly-buttered bread.

SALMON SANDWICHES.

Remove the skin and bones from a can of salmon, shred with a silver fork and add the crumbled yolks of six hard-boiled eggs. Season to taste and add any good salad dressing. Spread on thin slices of brown bread.

SARDINE SANDWICHES.

Pound eight boned and skinned sardines with two ounces of fresh butter, a little salt and cayenne. Spread the mixture on slices of brown bread and butter, and over them lay a slice of skinned tomato. Sprinkle with salt, pepper and a pinch of castor sugar. A few drops of lemon juice if liked. Form into sandwiches and cut into finger lengths.

FISH SANDWICHES.

Fresh fish should be flaked fine, seasoned with salt and pepper, chopped pickle, lemon juice, celery or onion extract, and mixed with mayonnaise dressing, or moistened with a sauce.

Anchovies, sardines or salt fish are better pounded to a paste and moistened with lemon juice.

VEGETABLE SANDWICHES.

These are very refreshing with cold meats. Tomatoes, cucumbers, lettuce and water-cresses are most commonly used.

Tomatoes or cucumbers should be chopped and mixed with a mayonnaise. Spread the bread with butter, cut delicate slices, and spread with the vegetable. Put together and serve.

Lettuce and water-cress should be shredded. Spread the bread with mayonnaise, and mix the lettuce or water-cress with a French dressing.

Vegetable sandwiches should be served as soon as possible after making.

CHOCOLATE SANDWICHES.

Slightly butter thin slices of white bread, trim off the crusts and cut into the desired shape. Grate the bitter chocolate and sweeten it to taste with granulated sugar. Melt in a small piece of butter and add the chocolate to it. Take from the fire and cool. Moisten with a little cream if the filling is too thick to spread between the slices of bread. This is one of the sweet sandwiches appreciated with a cup of tea.

COTTAGE CHEESE SANDWICHES.

Cottage cheese, spread upon a slice of buttered bread, and covered with a leaf of lettuce dipped in oil and vinegar, then with the second buttered slice, makes a nice relish.

MONTPELLIER SANDWICHES.

Mix three hard-boiled yolks with an ounce of butter, one dessert-spoonful of anchovy essence, or three boned anchovies, cayenne to taste. Pass the whole through a sieve and use.

TOAST SANDWICHES.

Slices of golden brown toast. Split the slices, place a spoonful of mayonnaise sauce (and a few chopped capers, if liked) with some

chopped game or poultry. Form into small sandwiches. These may be varied by substituting fish for the meat, and the addition of a little cress is an improvement.

FRUIT SANDWICHES.

Use French or milk bread in this case. Between the slices place a spoonful of thick cream, sweetmeat, cover with slices of banana or pineapple; strawberries, etc., may be used in the same way. Cut into dainty shapes and garnish with maidenhair fern.

A CHANGE ON SANDWICHES.

Delicious sandwiches are made of chopped sardines with a little mayonnaise, or cucumbers with a little mayonnaise, or caviar or green pepper.

NUT SANDWICHES.

Take one cup of peanuts rolled fine, stir half a tablespoonful of butter with the yolk of a hard-boiled egg to a cream; add one-half teaspoonful of salt and one tablespoonful of lemon juice, a tablespoonful of cream or milk and the finely-chopped white of the egg; a cup of finely-chopped apples may be added just before the mixture is put between thin slices of bread.

DATE SANDWICHES.

Spread slices of thin graham bread with nut butter, and then with chopped dates, seedless raisins or figs.

Nuts may also be added if desired.

NUTTED CHEESE SANDWICHES.

Put one cupful of English walnut meats through the nut grater or chop very fine. Mash a Philadelphia cream cheese with enough sweet cream to make a paste, gradually adding the nuts. Season with salt and a dash of cayenne. The mixture should be soft enough to spread easily.

PEPPER SANDWICHES.

Chop finely green bell peppers, mix with a few chopped olives and mayonnaise to make a paste. Spread between slices of bread cut very thin.

GINGER SANDWICHES.

Cut thin slices of plain gingerbread. Spread with soft cream cheese. Put between the slices a thin slice of preserved ginger.

MARMALADE SANDWICHES.

Toast slices of bread, spread while hot with butter, fill with a thick marmalade and serve hot.

EGG SANDWICHES.

Chop the whites of the hard-boiled eggs very fine. Mix the yolks smooth with well-seasoned mayonnaise dressing, add the whites, and spread on the bread.

CHEESE SANDWICHES.

Grate the cheese fine. Rub it to a paste with melted butter, season with salt and pepper, and spread on the sandwiches.

SWEET SANDWICHES.

These may be made with marmalades, jam or jellies, anything which will spread without running. Lemon juice or extract flavorings may be used, if desired.

FRITTERS.

“The discovery of a New Dish does more for the
Happiness of mankind than the discovery of a New Planet.”

PLAIN FRITTERS.

Mix three ounces of flour and half a pint of milk to a smooth batter; add three well-beaten eggs; beat the whole to a perfectly smooth batter. Drop by the teaspoonful into hot drippings and fry to a nice brown, turning when necessary. Drain and sift powdered sugar over them; or serve with a sauce made of any kind of fruit, or pass maple syrup with the fritters.

BREAD FRITTERS.

One pint of sweet milk, one cupful of fine bread crumbs, two eggs, one tablespoonful of melted butter, a little salt, and soda in quantity the size of a pea, dissolved in a very little hot water.

Heat the milk to boiling, pour it over the bread crumbs, and beat them until perfectly smooth; then add the well-beaten yolks, the salt, butter and soda. Beat the whites stiff and add last. Fry in hot fat and sprinkle with powdered sugar.

APPLE FRITTERS.

Melt half an ounce of butter to a cream, but not so as to be oily, and add to it the well-beaten yolks of two eggs; beat well and add very gradually half a pound of flour and a palatable seasoning of salt; thin with warm, sweet milk until the batter will drop from the spoon smoothly. Stir until perfectly smooth, then add the beaten whites of two eggs; beat for a few minutes and it is ready for use, but will be better if allowed to stand for a few hours. Pare, core, and cut in quarters some tart, ripe apples, dip them in the batter and fry for five minutes in hot drippings. Drain, dust with powdered sugar and serve. The fritters will be much improved if the prepared apples are allowed to stand for an hour or two in a syrup made of sugar and flavored with lemon, or any flavoring preferred. Peaches, oranges or pineapples may be used instead of apples, and will be found very delicious.

PEACH FRITTERS.

Peel and slice a dozen peaches, and stir them into a batter made by beating together three whipped eggs, a cupful of rich milk, a pinch

of salt and a cupful of prepared flour. Drop this mixture by the spoonful into deep, boiling fat. When the fritters are of a golden brown color, drain in a colander and sprinkle with powdered sugar. Serve very hot.

PEA PANCAKES OR FRITTERS.

Boil a pint of green peas until tender; mash them while hot, and rub through a colander; season with pepper and salt and a tablespoonful of butter; when cold, add to the pulp the yolk of two eggs, well beaten, a cupful of rich milk, one teacupful and a half of flour and one and one-half teaspoonfuls of Sea Foam baking-powder, sifted three times with the flour, stir and beat well, and add, just before baking, the whites of the eggs, beaten stiff. Bake the same as pancakes, and serve very hot.

RICE FRITTERS.

Look over and wash six ounces of rice; pour over it a quart of rich milk and let it simmer over a slow fire until perfectly tender, which will require about an hour. When the rice is done, if it has not absorbed all the milk, drain it off and add an ounce of butter, three ounces of sugar, four well-beaten eggs, and a glass of orange marmalade. Stir over the fire until the eggs are set; then spread the mixture on a dish to the depth of an inch. When cold, cut in the desired form, dip in a batter made as for apple fritters and fry in hot drippings. Drain, sprinkle with powdered sugar, and serve.

CORN FRITTERS.

Grate the corn from thirteen ears of sweet corn, add a little pepper, a pinch of salt, one tablespoonful of flour and two well-beaten eggs. Bake on a buttered griddle and serve at once.

SWEET POTATO FRITTERS.

Boil, skin, and dry in an open oven. Mash while warm, and rub through a colander, or a vegetable press. Stir into a pint of potatoes a cupful of milk, a tablespoonful of butter, a little salt and two tablespoonfuls of sugar; finally, the yolks of two beaten eggs. With floured hands shape into flat cakes, dip into the frothed whites, then in cracker crumbs, repeating the process. Leave upon ice two hours and fry in deep, boiling cottolene or other fat to a golden brown.

Eat with lemon sauce.

BREAD AND BREAKFAST CAKES.

“ And now to Breakfast, with
What appetite you have.”

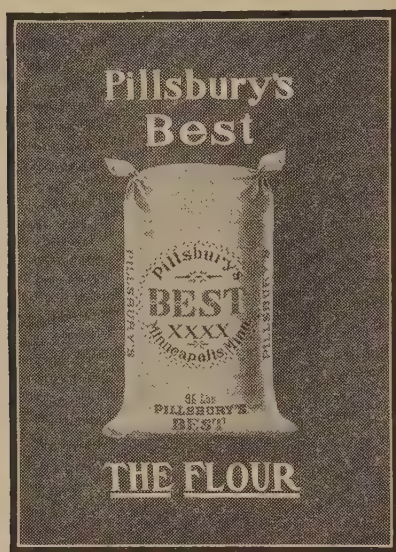
Perfect bread can be made only from the best of materials, combined with the most scrupulous care and attention throughout the process. There can be no delay about mixing the sponge when light, molding the fermented dough into loaves or placing the loaves in a hot oven when they have attained the requisite degree of lightness, if you are ambitious to see upon your table that proud achievement of the notable housewife, excellent bread.

Every bread baker will see the advisability of setting her sponge at night, if she wishes to have her bread baked in the early part of the day. If the weather is cold, warm the flour slightly for making the sponge, and also that used in mixing the bread.

A few white, mealy potatoes smoothly mashed and added to the sponge will make the bread sweeter and keep it fresh longer. Make the batter rather stiff; if, after standing a while, the top is covered with water, more flour is required. Set the sponge in a moderately warm place to rise; the degree of temperature at which the sponge and dough is kept during the fermentation will materially affect the quality of the bread; great care must therefore be taken that it does not at any time become either chilled or overheated, as either condition will be ruinous. Keep bread sponge and dough, as nearly as possible, at a temperature of seventy-five degrees. It is an excellent plan to cover your bread-pan, especially in winter, with a heavy, folded, woolen blanket kept for the purpose. Mix the sponge as soon as light; it should be like honeycomb and about twice the bulk it was when set. Add flour to make a rather soft dough; if too stiff, the bread will be hard and tough; add flour until you can handle the dough without having it adhere to your fingers unpleasantly; it should not be at all sticky, or wet, and yet must be soft.

The kneading is an important part of the process of bread making; the more thoroughly it is kneaded, the whiter and finer of texture will be your bread. Half an hour should be spent in kneading bread sufficient in quantity for four good-sized loaves. Allow to rise to twice the bulk that it had when you stopped kneading and mold at once into medium-sized loaves. When the loaves have arisen to twice their original size, bake in a hot oven. Three-quarters of an hour is sufficient time to allow for baking medium-sized loaves.

Insure success in Bread Making
by using "Pillsbury's Best" Flour



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MILK BREAD.

Sift two quarts of flour with a tablespoonful of sugar and an even teaspoonful of salt. Have ready a pint of boiling water into which you have stirred an even tablespoonful of butter. Add, while the water is boiling, two cups of milk, and take from the fire at once. When a little more than blood-warm, stir into the milk and water half a cake of compressed yeast, dissolved in half a cupful of warm water. Make a hole in the sifted flour, pour in the mixture and work quickly with a wooden spoon to a soft dough. Flour your hands, make the dough into a manageable ball and knead hard and steadily for ten minutes. Let the dough rise to double the original bulk in your covered bread-bowl, make into loaves when you have kneaded it for five minutes, and proceed as already directed.

"SALT-RISING" BREAD.

Dissolve a half-teaspoonful of salt in two cups of scalding water, and beat in gradually enough flour to make a very soft dough. Beat for ten minutes, cover and set in a very warm place for eight hours. Now stir a teaspoonful of salt into a pint of lukewarm milk and add enough flour to make a stiff batter before working it into the risen dough. Mix thoroughly, cover, and set again in a warm place to rise until very light. Turn into a wooden bowl and knead in enough flour to make the batter of the consistency of ordinary bread dough. Make into loaves and set these to rise, and, when light, bake.

BOSTON BROWN BREAD.

One and a half cupfuls of rye flour, two cupfuls of Indian meal, half cupful of molasses, two cupfuls of sour milk, one teaspoonful of soda dissolved in a little hot water and added to the milk, stirring until it foams; half a teaspoonful of salt. Stir all the ingredients well together, and beat quite hard before putting into the well-buttered, round, deep baking-tin in which it should be placed while cold.

Steam two and a half hours, then bake fifteen or twenty minutes. It is better eaten warm, but it is very nice either warm or cold.

HYGIENIC BOSTON BROWN BREAD.

Pass through a sieve together the corn meal, rye meal and salt; add the molasses, the yolks well beaten and the cream diluted with

water and mix thoroughly. Then fold in the whites of eggs beaten dry. Steam in a buttered mold three hours.

No lightening agent save the eggs is the occasion of the name.

One cup of corn meal, one cup of rye meal, one-half a teaspoonful of salt, one-half a cup of molasses, the yolks of two eggs, one cup of cream, one-half a cup of water, the whites of two eggs.

NUT BREAD.

Add the softened yeast cake to the evaporated cream, lukewarm water, molasses, salt and nuts, and stir in the flour. A little more flour may be required. Knead the dough until elastic, then set to rise in the temperature of the living room. When light shape in loaves and when again light bake about an hour. This is hearty bread for the dinner pail or lunch basket.

Two-thirds a cup of cream, one and one-third cups of lukewarm water, one yeast cake softened in half a cup of water, four tablespoonfuls of molasses, one teaspoonful of salt, one-half a pound of filbert (hazelnut) meats, four cups sifted entire wheat flour, two cups sifted white flour.

(Two loaves of about one and one-half pounds each.)

OLD-FASHIONED RYE BREAD.

Dissolve half a cake of yeast in a quarter-cup of lukewarm milk, with a small teaspoonful of white sugar. Pour this into a wooden bowl, add a pint of lukewarm water, a heaping teaspoonful, each, of salt and caraway seed, and a pint of rye flour. Stir well with a wooden spoon and set to rise in a warm place for two hours. When sufficiently risen it will be full of bubbles. Add then flour enough to make a very stiff dough. Beat this for at least ten minutes and set to rise for two hours more. Knead on a floured board, let it rise in the pan again until it begins to crack. Dip your hand in cold water, wet the loaf and put it into the oven. It must bake one hour. Do not open the door for ten minutes after it goes in. The oven should be very hot at first, and as soon as the bread is browned it should be covered with stout paper.

If you like, you may omit the caraway seeds. Some people dislike them exceedingly. Others would not relish rye bread "all of ye olden time" without them.

GERMAN COFFEE BREAD.

Heat a cup of milk to scalding, but do not let it boil. Stir into it while hot two tablespoonfuls of cottolene (never lard), or butter, two tablespoonfuls of sugar and a little salt. Let it cool to blood-warmth, when add half a yeast-cake dissolved in one-quarter cup of blood-warm milk, and flour to make a stiff batter. Cover, and let rise until light. Add one-half cup of seeded raisins, cut into pieces. Spread one-half inch thick in a buttered dripping-pan; cover and let rise. Brush with melted butter, and sprinkle with sugar and cinnamon. Bake in a moderate oven for half an hour. Cover for half of that time with thick paper.

SODA BISCUIT.

Two quarts of sifted flour, a piece of butter the size of an egg, one saltspoonful of salt, three teaspoonfuls of Sea Foam baking-powder, and sweet milk to make a soft dough.

Put the flour and baking-powder into a dish and sift three times. Put the butter into the flour, add the salt, and lastly the milk. Mix as soft as possible. Roll three-fourths of an inch thick, cut with a biscuit cutter and bake in a quick oven.

BAKING-POWDER BISCUIT.

Three teaspoonfuls of Sea Foam baking-powder, half a teaspoonful of salt, two heaping tablespoonfuls of butter, to a quart of flour, if milk is used; but if water is used, four tablespoonfuls will be required. First sift the baking-powder well through the flour, add the salt, work the butter in thoroughly, then mix lightly and quickly with the milk or water into a soft dough. Roll out three-quarters of an inch thick, cut with a round cutter and bake in a hot oven.

CREAM BISCUIT.

One pint of sour cream, one teaspoonful of soda, dissolved in a little warm water, and stirred into the cream, the white of one egg well beaten, and a little salt. When the cream foams nicely, as it will from putting in the soda, stir into it as quickly as possible, enough sifted flour to make a soft dough. Roll out, cut in biscuit form and bake in a quick oven. The sooner the biscuits are in the oven after the soda is put into the cream, the lighter they will be.

BUTTERMILK BISCUIT.

One pint of buttermilk, into which has been stirred one teaspoonful of soda, previously dissolved in a little warm water, two tablespoonfuls of butter or clarified beef drippings, a little salt, and sifted flour to make a soft dough. Mix quickly, roll, cut into small biscuit with a biscuit cutter, and bake in a quick oven.

BREAKFAST OR TEA ROLLS.

Soak half a cake of yeast in one pint of warm milk or water (if milk is used, it is advisable to scald it and let it cool till slightly more than lukewarm, before setting the sponge) ; when soft, add two large potatoes, boiled and smoothly mashed, a scant tablespoonful of salt, and sifted flour to make a rather stiff batter ; beat the batter well for five or ten minutes and set in a warm place to rise. When light, mix, adding flour until you have a soft, elastic dough, which does not stick to the molding board—take care that you do not add too much flour, as the dough must not be at all hard or stiff ; return to the rising pan, let rise to twice the bulk that it had when you stopped kneading, push down and let rise again ; repeat the “pushing down” process at least two or three times if you would have perfect rolls, for on the frequent risings depend much of that light, tender condition so desirable in rolls. When the dough has risen sufficiently, knead into it, very thoroughly, three tablespoonfuls of butter (not melted), one tablespoonful of white sugar, one-fourth teaspoonful of soda dissolved in a little warm water, and the well-beaten white of one egg. Roll half an inch thick ; spread with melted butter ; cut with medium-sized cooky or biscuit cutter ; fold over so that the edges will nearly meet ; place in buttered tins, let rise very light, and bake in a quick oven. Send to the table in a folded napkin.

VIENNA ROLLS.

One tablespoonful of butter, one quart of flour, half a cake of yeast, one pint of sweet milk scalded, and half a teaspoonful of salt. At night scald the milk, add the butter, and when cool, the yeast (softened in warm water), flour and salt. Mix well together and beat hard nearly ten minutes, then set in a warm place to rise. In the morning roll out half an inch thick and cut with a large cutter or saucer. Fold each one over to form a half round, wetting a little between the folds to make them stick together. Place on buttered tins

so they will not touch each other and set in a warm place until light, which will require from thirty to forty-five minutes. Bake about twenty minutes in a moderately hot oven. Brush the tops with milk to give them a gloss. Send to the table hot, covered with a napkin.

FRENCH ROLLS.

One cake of yeast, softened in warm water enough to cover it, the beaten white of one egg, two tablespoonfuls of melted butter, two tablespoonfuls of sugar, one and a half pints of warm sweet milk or water, and a little salt. Use flour sufficient to make a sponge as for bread. Do this at night. In the morning knead well and let the dough rise again. When light, roll out about three-fourths of an inch thick, cut out with a large cooky cutter or saucer; butter the edges, roll each side towards and up to the centre; put in buttered tins, and when light bake in a moderately hot oven.

PARKER HOUSE ROLLS.

Soften the yeast cake in lukewarm water and add to cream, diluted with the boiling water and cooled to a lukewarm temperature, stir in one cup and a half of flour and beat very thoroughly, cover and set aside to become light and puffy. Add the sugar, salt, melted butter and the rest of the flour. When well mixed, knead fifteen minutes or until smooth and elastic, then set aside, covered, to become light.

When doubled in bulk, turn onto the board and roll into a sheet about half an inch thick, and cut in rounds. Brush over half the surface of each round with melted butter, fold the other half of each round over the buttered half and set into a buttered pan. Bake when light. Glaze the top of the rolls with a teaspoonful of cornstarch cooked in a little water.

One-half a cup of cream, one-half a cup of boiling water, one cake of compressed yeast, one-quarter a cup of lukewarm water, one level tablespoonful of sugar, one-quarter a cup of butter, one-half a teaspoonful of salt, three and a half cups of flour.

ROLL BREAKFAST CAKES.

Two coffeecupfuls of bread dough, when ready for the bread tins. Four scant tablespoonfuls of butter, two tablespoonfuls of sugar, white of one egg well beaten, one saltspoonful of soda dissolved in a

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little hot water, and half a tablespoonful of ground cinnamon. Mix all thoroughly together, using sufficient flour to make dough stiff enough to roll. Roll one-fourth of an inch thick and spread with a paste made by stirring two-thirds of a cupful of sugar into one well-beaten egg. Roll up like jelly cake—cut transversely into pieces an inch thick, and set on the ends close together in shallow tins.

Let stand until very light and bake in a rather quick oven. To be eaten either warm or cold with coffee.

RUSK.

One cup of white sugar, one cupful of warm milk or water, a small cupful of butter, two eggs, half a cake of yeast softened in a little warm water, and flour enough to make a sponge. Let it rise through the night and knead in the morning. After kneading down twice, mold into biscuit form and brush over the top with the sweetened white of an egg; let them stand until light, then bake. If desired for tea, the sponge should be made in the morning.

CURRENT BUNS.

Three cupfuls of flour, one of sweet milk or water, half a tablespoonful of salt, half a cake of yeast, four tablespoonfuls of butter, four heaping tablespoonfuls of sugar, half a coffee-cupful of English currants. Have the cupful of milk lukewarm, stir in the yeast, softened with a little warm water, the salt and two and a half cupfuls of flour. Beat hard a few minutes and put in a warm place to rise—it will require about five hours.

When light, work in the butter and sugar, lastly the currants, which should be dredged with flour, using the remaining half cupful of flour for the hands and molding board. Roll out half an inch thick; cut in round cakes, lay in a buttered dripping-pan, and let stand until light. Bake in a good oven to a golden brown and brush the tops with the sweetened, beaten white of an egg.

HOT-CROSS BUNS.

Mix two pounds of flour, half a pound of sugar, one pound of English currants, one teaspoonful of mixed spices, half a teaspoonful of salt well together. Soak half a cake of yeast in half a pint of warmed milk; add enough of above mixture to make a thin batter; cover and set in a warm place until light; then add half a pound of

melted (not oily) butter, the remainder of the flour, and enough milk to make the whole into a soft paste. Cover and set to rise. When light, shape the dough into buns, lay them apart on buttered tins; let rise until light. Press a cross mold on them (this may be done roughly with the back of a knife), and bake in a quick oven from fifteen to twenty minutes.

GLAZED BUNS.

Soften the yeast cake in the cold water; add to the cream diluted with the warm water and stir in the first cup and a half of flour; beat thoroughly, cover and set aside to become light and puffy. Add the egg, butter, sugar, salt, currants and enough flour to make a soft dough. Knead until the dough is elastic, then cover and set aside to become doubled in bulk. Turn the dough onto a floured board and pat out into a sheet five-eighths an inch thick; cut into rounds, set these in a well-oiled pan and when light bake about twenty-five minutes. Dilute the corn starch with cold water, pour over nearly a cup of boiling water, stir and cook till boiling, then let simmer until the buns are nearly baked; brush over with the starch, dredge with granulated sugar and return to the oven. Repeat the use of the starch and sugar three or more times.

One cake of compressed yeast, one-quarter a cup of cold water, one-half a cup of cream, one-half a cup of warm water, about one and one-half cups of flour, one egg, one-quarter a cup of softened butter, one-quarter a cup of sugar, one-half a teaspoonful of salt, one-half a cup of currants, about one and one-half cups of flour, one teaspoonful of corn starch and one-eighth a cup of granulated sugar.

CEREALS.

Cereals contain all the most necessary proportions of food elements and are most nutritious. They are by no means appreciated, many people never touching them from one year's end to the other. They are not difficult to digest, as they are commonly considered, but would be much better eaten without sugar.

In the old days, when trained athletes performed miracles of strength, they lived entirely on a grain diet.

Of all the grain foods wheat is considered the most important.

Oatmeal is a flesh former, and contains ten per cent of fat. It is particularly a winter food.

Rice is easily digested and an invaluable food.

Cereals may be prepared in many forms, and here are some valuable recipes:

PORRIDGES.

The following will serve for all dishes of this kind, whatever the cereal:

Stir a quarter pound of meal into a little cold water until the mixture is smooth and uniform, add one pint of boiling water, and boil steadily for twenty minutes.

BREAKFAST GEMS.

One pint of sweet milk, one cupful of wheat flour, one cupful of graham flour, one egg, half a teaspoonful of salt, and one tablespoonful of sugar. Beat the egg separately and stir all well together.

Butter the tins and have them quite hot when the dough is put in them. Bake in a quick oven.

MUFFINS.

One egg, a tablespoonful of sugar, one-quarter cup of butter. Beat all together thoroughly. Add one cup of milk, a little salt and one cup of flour into which is sifted two teaspoonfuls of Sea Foam baking-powder. Now add enough flour to make a batter a little stiffer than for griddle cakes. Bake in well-buttered, hot muffin-tins.

INDIAN MEAL MUFFINS.

One pint of Indian meal, two tablespoonfuls of butter, one cupful of milk, one-third of a cake of yeast, a little salt, and one egg. Scald the milk and the butter, and when lukewarm, the yeast (softened in warm water), the sifted meal and salt. Stir together, beat well a few minutes, and set in a warm place to rise. Do this at night. In the morning add a well-beaten egg, and put in buttered gem-tins, filling them half full. Let rise until light and bake in a hot oven. Send to the table hot, in a napkin.

CORN MUFFINS.

One quart of Indian meal sifted; one heaping tablespoonful of butter, one quart of sweet milk, a little salt, one tablespoonful of molasses, a quarter of a cake of yeast softened in warm water enough to cover it. Stir thoroughly and briskly. The batter will require

about five hours to rise, or over night if for breakfast. Bake in buttered muffin rings or patty-tins. Send to the table hot in the folds of a napkin.

BATTER BREAD.

Put one cupful of white Indian meal to soak over night in boiling water enough to cover it. In the morning add two thoroughly-beaten eggs, one pint of milk, half a teaspoonful of salt, and one tablespoonful of lard or butter. Thin with water if too thick, for the batter should be very thin. Beat hard for ten minutes; bake a nice brown in a hot oven. This recipe may be used for muffins and griddle cakes.

CORN MEAL PONE.

To each pint of corn meal allow one tablespoonful melted lard, a saltspoonful of salt, and cold water enough to make a soft dough or batter. Beat well together and quickly spread on a well-buttered dripping-pan and bake in a quick oven.

This is the famous corn meal pone of the South. It should be sent to the table hot, and broken, not cut.

WAFFLES.

One pint of milk, two eggs, one and a half tablespoonfuls of butter, a small teaspoonful of salt, two teaspoonfuls of Sea Foam baking-powder sifted thoroughly into the flour, and flour enough to make a soft batter. Bake quickly in buttered waffle-irons and send to the table hot.

RICE WAFFLES.

One and a half pints of sweet milk scalded, one tablespoonful of butter, one cupful of boiled rice, half a teaspoonful of salt, half a cake of yeast, three and a half cupfuls of flour and two eggs. At night scald the milk, add the butter and rice, and when cool, the yeast (softened in a little warm water), salt and flour. Beat the batter very hard for about five minutes, then set in a warm place to rise. In the morning, add the eggs, well beaten, and bake on a well-buttered waffle-iron. Bake one first to test the consistency, before sending to the table. They should be a golden brown. Serve hot.

RISEN WAFFLES.

Four eggs, two cups of milk, three tablespoonfuls of melted butter, one tablespoonful of sugar, three cupfuls of flour, sifted with half a teaspoonful of salt, one-half yeast cake dissolved in warm water. Beat well and long; set in a warm place to rise and bake in waffle-irons.

CRUMPETS.

Three cups of warm milk, half a cup of yeast, two tablespoonfuls of melted butter, one saltspoonful each of salt and soda dissolved in hot water, flour enough to make a good batter. Set these ingredients—leaving out the butter and soda—as a sponge. When very light, beat in the melted butter, with a *very* little flour; stir in the soda hard, fill patty-pans or muffin-rings with the mixture, and let them stand fifteen minutes before baking.

RICE BORDER WITH FRUIT.

Have ready a kettle of boiling water. Drop into it a half pound of well-washed rice and boil hard for five minutes. Drain, turn the rice into a double boiler, add a pint of milk and two tablespoonfuls of sugar and cook, stirring occasionally, until the milk is absorbed. Pack into a slightly buttered border mold and set away until cold, then turn out on a large platter. Press enough berries (or fruit of any kind) to give a scant cupful of juice, add sugar syrup to sweeten and with this baste the rice until it has absorbed most of it. Fill the centre with whole fruit, heap some stiffly-whipped cream on top and send to the table.

BUCKWHEAT CAKES.

Two quarts of warm water, one cake of yeast, softened in a little warm water, a scant teaspoonful of salt, and buckwheat flour enough to make a nice batter, not too thick; stir well, make the batter at night. In the morning thin the batter with a little warm water, if necessary, and add a teaspoonful of molasses to make them brown; or each morning after baking, add to the batter left, a buckwheat cake, thoroughly soaked in a little warm water, so it can be mashed fine; to this add the water for the batter for the following morning. At least a teacupful of the batter should be left after baking, if cakes are desired for the following day. If the cakes seem sour, a little soda may be dissolved in the warm water added in the morning.

FLANNEL CAKES.

Two cups of flour, two cups of sweet milk, one egg, one teaspoonful of Sea Foam baking-powder, a generous pinch of salt. Beat the egg very light; add the milk and, lastly, with just enough beating to mix all together, the flour, sifted twice with salt and baking-powder. Bake at once.

BREAD CRUMB PANCAKES.

Stale bread makes nice pancakes, and it is sometimes an economical way to use up broken bits of bread if they have been properly cared for when taken from the table. Crumb the bread as fine as possible, and pour over them enough milk to a little more than cover them; allow to soak several hours, or over night. When ready to use, beat the bread crumbs smooth; measure, and for two cupfuls of the bread crumbs add one egg, well beaten, one cupful of flour, a salt-spoonful of salt, and enough milk to make a thin batter. If you use sweet milk, sift one and one-half teaspoonfuls of Sea Foam baking-powder with the flour. Corn meal may be used in the place of the flour in these cakes, and will be found very nice.

BERRY BREAD.

Take a stale loaf of bread, cut in thin slices and spread with butter. Stew a quantity of any kind of berries (adding some currants or lemon juice to make slightly tart). When soft, sweeten to taste. In a deep dish put a layer of the bread, pour over it a quantity of the boiling mixture, then more bread and fruit until all has been used. Serve very cold with cream. This simple dish is delightful.

SOUR MILK CORN MEAL GRIDDLE-CAKES.

One-half cup of white corn meal and the same of flour, one and a half cups of loppered milk or buttermilk, one tablespoonful of molasses and the same of melted butter, one rounded teaspoonful of soda and half as much salt sifted twice with flour and meal, one egg beaten very light. Beat molasses and butter to a cream; add the milk, the egg, lastly the prepared meal and flour. Beat hard one minute.

BREAKFAST GRIDDLE CAKES.

One quart of sour milk, one egg, butter the size of an egg, three teaspoonfuls of Sea Foam baking-powder dissolved in a little hot

water. Add the baking-powder gradually to the sour milk until it becomes frothy in stirring, then add the egg, well beaten, the butter, a little salt, and enough flour to make the batter sufficiently thick. Bake one first to test them. Bake on a griddle and serve hot. Sweet milk may be used in place of sour; put the baking-powder into the flour.

INDIAN GRIDDLE CAKES.

Two cupfuls of Indian meal, one and a half cupfuls of sour milk, three teaspoonfuls of Sea Foam baking-powder, two eggs, one tablespoonful of salt, and a tablespoonful of butter. Dissolve in a very little hot water and stir into the sour milk until it foams; add the other ingredients, beating the eggs well. Bake on a buttered griddle, and send to the table hot.

MUSH BATTER CAKES.

Two cupfuls of mush, one of flour, two eggs, a pinch of salt. Use sweet milk sufficient to make the batter of the right consistency. Add the eggs, well beaten, last.

GREEN CORN GRIDDLE CAKES.

To every cupful of grated sweet corn, allow one egg, one tablespoonful each of cream, butter and flour, and a little salt. Beat the egg well and mix with the other ingredients. Bake on a griddle, first cooking but one to test the consistency. Thicken with flour or thin with milk as the case may require.

BLACKBERRY MUSH.

Whenever wild berries can be had in abundance or the cultivated ones are not too expensive this dish forms an agreeable substitute for the usual hot breakfast cereal. To each quart of washed berries add one-half cupful of water, stew until soft and rub through a sieve. Measure and to each quart add one scant cupful of farina and a quarter of a teaspoonful of salt and cook in a double boiler for forty-five minutes, stirring frequently until smoothly thickened. Pour into a wetted mold and serve very cold with sugar and cream.

FRIED MUSH.

Cut cold Indian meal mush in slices three-fourths of an inch thick; roll in flour and fry a golden brown in melted butter or drippings (beef). Graham mush may be fried in the same way. Either makes a very nice breakfast dish. Fried Indian meal mush is a nice accompaniment to some kinds of roast small birds.

SAMP.

Take the desired quantity of crushed or coarsely-ground Indian meal, called "Samp," and wash it well to remove the bran; this is done by pouring water on the meal, and stirring it with a large spoon so the bran will rise to the top; pour the water off through a sieve into another dish to save the water; repeat the process, using the same water, until all the bran has been separated from the meal. The same water may be used in which to boil it; for a quart of the washed meal about four quarts of water will be required, and one tablespoonful of salt. The water should not be heated, but put on the meal cold when placed on the stove to cook; stir frequently to prevent scorching; five or six hours will be required for the cooking, allowing it to boil slowly. It should seem rather thin when done, for when cold it will be quite firm. In cooking, should more water be needed, be sure that boiling water be used. Serve hot or cold with milk, or milk and sugar, the same as Indian meal mush.

BOILED HOMINY.

The hominy should be soaked over night, whether the large or small kind be used. Boil in slightly salted water for three hours, allowing a pint of hominy for a quart of water. It is a nice breakfast dish served with sugar and cream. If it is to be served as a vegetable, stir butter, pepper and a little cream into it while it is hot, and serve in a warm dish.

HULLED CORN.

Take good ripe field corn and boil it in lye (lye from wood ashes preferred) sufficiently strong to remove the hulls, which will require about an hour and a half; then test a few kernels by rubbing them; if the hulls loosen, take the corn from the fire and wash in several waters to remove the hulls and lye; then return to the fire in a clean

kettle with plenty of cold water; season with salt; cook five or six hours until tender. When done skim out the corn. Serve warm or cold with milk or cream, the same as mush. Hulled corn may be fried, and sweetened or not, as preferred; served as a vegetable.

TOAST.

Bread for toast should not be too fresh. Cut the slices thin and let them be evenly so; remove the crust (which can be used for bread-ing). Toast over a clear fire, holding the toaster far enough from the coals and turning often enough so that the bread may warm through and dry a little before it begins to toast; then allow to become a light brown.

MILK OR CREAM TOAST.

Bread that has been baked several days is preferable for toasting. Cut as many slices of bread as will be required, and it will be found better to place them in the oven a short time before toasting them (leaving the door open) to warm. Toast a golden brown, and be careful not to scorch them.

Have ready the milk, which has been allowed to heat slowly in a spider or saucepan; season it to the taste with a little salt, add a generous lump of butter, and when it comes to a boil, thicken with a little flour and water rubbed smooth together. Draw the spider to the side of the stove; take each slice of toast, dip quickly the edges of crusts in hot water, and put the slices in the thickened milk; then place in a warmed, deep dish; do this quickly and one at a time. When all have been treated in this way, pour the thickened milk remaining in the spider over the toast and send to the table. About a quart of milk will be required for six slices of bread. Allow the milk to cook very little after adding the thickening, or it will become starchy. Make it quite rich with butter. This will be found very nice in the absence of sweet cream, as a substitute for cream toast. The slices will be more convenient to serve if cut into halves. If cream is used very little butter will be required. If preferred, omit the thickening, prepare the slices of bread as for the above, place dry in a dish, pour the hot milk over them and serve hot.

GREEN PEPPER TOAST.

Slice bread thin, cut off the crusts and toast on both sides to a delicate brown, then butter and keep hot in the oven. Heat a cup of beef

stock in the saucepan. Rub together a tablespoonful of butter and the same quantity of browned flour and stir it into the beef stock. When you have a very thick brown sauce add salt to taste and a half cupful of green peppers which have been seeded, freed from the tough, white core and minced very fine. Stir to a paste, remove from the fire and spread upon the slices of hot toast. Set in the oven long enough to become very hot and crisp, and serve.

PASTRY.

Have all ingredients very cold. Into a pound of flour chop three-quarters of a cup of firm, cold butter. When the flour is like a coarse powder stir into it a small cupful of iced water. With a spoon mix together, then turn upon a floured pastry-board, roll out quickly and lightly, fold and roll out again. Set the pastry on the ice until chilled through, roll out and line a pie-dish with it. Before filling the pastry shell with fruit, or other material of which the pie is to be made, wash over the lower crust with the unbeaten white of an egg, and, when the filling is put in, set the pie immediately in an oven that is as hot at the bottom as at the top. The oven must be hot and steady.

PLAIN PIE CRUST.

A good rule for plain pastry for ordinary family use is, one-fourth as much shortening as flour, whether it be butter, lard or clarified drippings. Work the shortening thoroughly into the flour and add a little salt; wet with ice cold water, using as little as possible to make the crust roll out conveniently. Mix quickly; avoid unnecessary handling, and bake as soon as the pie can be prepared.

TO ICE PASTRY.

This is the usual method adopted for pies and tarts; beat the white of an egg to a stiff froth, add a tablespoonful of sifted pulverized sugar, and stir smooth. When the pie is done, take it from the oven; spread the meringue over it and return it to the oven for a few minutes to set the icing. It is advisable to leave the oven door open, and watch carefully if the oven is very hot, for when done, the meringue should be only nicely set.

PIES.

"No soil upon earth is so dear to our eyes,
As the soil we first stirred in Terrestrial Pies."

MINCE-MEAT.

One quart of apples, measured after chopping; one-fourth cupful of candied orange-peel, grated rind and juice of one lemon, one-fourth cupful of candied lemon-peel, grated rind and juice of one orange, one teaspoonful of cinnamon, one-fourth cupful of candied fruit, one-half teaspoonful of allspice, one-half teaspoonful of cloves, two pounds of lean beef, three cupfuls of raisins, one-half pound of citron, one-half cupful of molasses, two teaspoonfuls of salt, one-half cupful of brandy, one pound of suet, one cupful of currants, one cupful of sugar, one-half cupful of sherry, one cupful of cider.

Chop the beef and suet very fine, and mix. Add the chopped apples. Seed the raisins, chop the candied fruit, candied lemon and orange-peel, and slice the citron. Add to the meat and suet with the currants, spices and salt. Mix and add the sugar, molasses, lemon and orange juice; when well mixed add the brandy, sherry and cider. It should stand several days before using to ripen or blend, and should keep all winter. Two cupfuls of hard cider may be used in place of the brandy and sherry, and the quantities of beef, suet and apples may be doubled to the amount of fruit given, if desired. If this is done, be careful to add sufficient moistening, and remember that the liquor is added to keep the mince-meat, not especially for flavoring, as the quantity is so small that this is disseminated in cooking.

PUMPKIN PIE.

Into a quart of stewed and strained pumpkin stir a quart of milk, a cup of granulated sugar, cinnamon and nutmeg to taste, and, last of all, five eggs, well beaten. Mix thoroughly, and pour the mixture into a deep pie-plate lined with puff-paste. Bake in a good oven until the pumpkin custard is "set." Eat cold. Canned pumpkin is used in the same way, and is almost as good as the fresh.

SQUASH PIE.

Pare, take out the seeds and stew till the squash is very soft and dry. Strain through a colander. Mix rich milk with it till it is a very thin batter, and add sugar to taste, and a little salt. Allow four eggs to a quart of milk, beat the eggs well and add them to the squash. Season with a little brown ginger.

APPLE PIE.

Choose ripe, tart and juicy apples. Pare, core and quarter them (if too large, cut the quarters in two). Line the pie-plate with a crust; fill with the apples; sprinkle liberally with sugar (half a teacupful or more, as the apples may require), a few bits of butter, and a little cinnamon or nutmeg, as may be preferred. Put in two or three tablespoonfuls of water, cover with upper crust, wetting the edges of the lower so they will stick together, cutting away portions of the crust not needed. Bake a light brown. Through slits that may be in the centre of the upper crust, test daintily with a fork, the apple, to see if it has become soft, as it should be before removing the pie from the oven. Serve cold, with or without white sugar sprinkled over it. Sweet cream is a delicious addition to apple pie; add when serving.

DRIED APPLE PIE.

Those who are fond of these pies may have very nice ones by soaking apples (and they should be good ones) over night with water sufficient to cover them; in the morning stew until soft, and when cold, fill a pie-plate lined with crust, with the apples; sprinkle over them a small teacupful of sugar; a few bits of butter, and two or three thin slices of lemon; or the apples may be mashed, then seasoned with the sugar, butter and nutmeg or cinnamon. Bake with an upper crust or with a lattice work, made with thin, narrow strips of paste. A few dried or canned raspberries, blackberries or huckleberries stewed with the apple, are an excellent addition to dried apple pie or dried apple sauce.

CREAMED SWEET APPLE PIE.

Pare, core and quarter Campfield pound sweets, or other sweet apples. Put them into a pudding-dish with a few spoonfuls of water to prevent burning, cover closely and cook until tender, but not broken. Add two tablespoonfuls of sugar to each cupful and let them get cold in the syrup. Then cut into thin slices or tiny dice. Roll out some puff-paste quite thin; line a pie-plate, sprinkle with flour, lay on another crust and bake until brown. When ready to serve, open the crusts, spread the lower one with the stewed apple, cover with whipped cream, put on the top crust and sprinkle that with powdered sugar.

PEACH PIE.

Pare, halve and remove the stones from a sufficient number of peaches for the size of plate used; as soon as each half is ready, put into cold water and allow to remain until ready to use, to prevent discoloring. Line a pie-plate with crust, pour the water from the peaches and nearly fill the shell with pieces cut into quarters, or once again if the peaches were large; add a few tablespoonfuls of water (and sweet cream, if convenient), sprinkle with a little flour, nearly a cupful of sugar and a few bits of butter; cover with upper crust and bake.

PEACH MERINGUE PIE.

Prepare peaches and proceed as in recipe for "Peach Pie," omitting upper crust. Bake until crust and fruit are done, then bake with a meringue made of the whites of three eggs beaten stiff, and three tablespoonfuls of powdered sugar; have this ready when the crust is done; cover quickly, brown and remove from the oven.

LEMON PIE.

The juice and grated rind of one lemon (being careful not to grate through the yellow into the white lining, as it will make it bitter), one tablespoonful of corn starch, one cupful of sugar, one egg, a piece of butter the size of a small egg, and one cupful of boiling water. Put the water into a small saucepan and add the corn starch, stirred smooth in a little cold water; when it boils up after stirring it in, set it off the stove, add the butter and sugar, which have been previously well stirred together; when cool, add the beaten egg and lemon. Bake with upper and under crust, or with the under crust; then cover with a meringue and return to the oven and brown.

LEMON CREAM PIE.

Cream a tablespoonful of butter with a cupful of sugar; dissolve a heaping tablespoonful of corn starch in a gill of cold water, and stir it into a cupful of boiling water. Stir until smooth; then pour over the sugar and butter. Mix well and when cool stir in the grated rind and the juice of a large lemon, and one beaten egg. Line a pie-plate with puff-paste, fill with this mixture and bake. When done, cover with a meringue, and return to the oven just long enough to brown lightly.

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IN 1-2 AND 5-LB. PACKAGES HAVING AN INNER SEAL
BENEATH COVER, 35 CENTS PER LB.

Acker, Merrall & Condit Company

CUSTARD PIE.

Line a pie-plate with crust and fill with the following: Three eggs, half a cupful of sugar (or more, if preferred sweeter), one teaspoonful of flour and a little grated nutmeg; beat all very thoroughly together and add milk enough to fill the plate; then grate a very little nutmeg over the top, and bake until the custard is well set. To be eaten cold.

CREAM PIE.

Line a pie-plate with a nice crust and bake; while hot fill the shell with the following, which has been thoroughly stirred together and cooked for five minutes: One pint of milk, three tablespoonfuls of sugar, yolks of two eggs, one and a half tablespoonfuls of corn starch and a piece of butter half the size of a hickory nut; then cover with a meringue made with the well-beaten whites of the two eggs and two tablespoonfuls of powdered sugar, sprinkling the top with cocoanut. Then return to the oven and brown lightly.

CREAM JELLY PIE.

Three eggs, three tablespoonfuls of sugar, one teacupful of rich cream, three tablespoonfuls of quince or currant jelly, and one tablespoonful of butter. Beat the yolks and whites separately, then beat all the ingredients well together, bake with an under crust; then cover with a meringue and return to the oven to brown.

JELLY MERINGUE PIE.

Cover the bottom of a pie-plate with pie-crust half an inch thick; when done, and cold, split open carefully with a long-bladed, sharp knife. Lay the under crust on a plate and spread with jelly well beaten; then lay the upper crust top side down on the jelly-covered crust and spread that with jelly. Then cover with a meringue made with the whites of two eggs and two tablespoonfuls of powdered sugar, well beaten together. This is for a small pie; for a large one, one more white and another spoonful of sugar will be required.

Should one be so unfortunate as to have pie-crust left when making pies, it can be used for the above pie; also different kinds of jelly, which have been cut for the table, may be put together, beaten hard, and used for the purpose, just as well, as to open fresh molds.

PUFF-PASTE RINGS.

Roll out some good puff-paste to the thickness of one-fourth of an inch, and with a round, fluted paste-cutter, or any cutter preferred, stamp out as many pieces as may be required; cut out with a smaller cutter sufficient pieces to correspond with the larger ones. Stamp out the centre of the smaller rings, brush over the others with the white of an egg; place a ring of paste on the top of every large circular piece of paste; egg over the tops and bake from fifteen to twenty minutes. Sift over sugar and put them back in the oven to color them; then fill the rings with preserves, marmalades or jellies of bright color. Very many pretty dishes of pastry may be made by stamping out puff-paste and filling the pieces, when baked with jelly or preserves. It is a good way to utilize the trimmings of puff-paste.

LEMON TARTS.

Cream together a cupful of butter and two cupfuls of sugar, stir in the beaten yolks of six eggs, the grated rind of one, and the juice of two lemons, a dash of nutmeg, a wineglassful of brandy, and the stiffened whites of the eggs. Line patty-pans with puff-paste, and fill with this mixture. Bake in a quick oven and serve cold.

ORANGE PIE.

The yolks of three eggs, beaten until quite light, five tablespoonfuls of white sugar, the juice of two and the grated rind of one orange, a little salt and one cupful of cream or milk. Mix all well together; then add the whites, beaten to a stiff froth, and stir lightly. If milk is used instead of cream, put in a small piece of butter. Bake with an under crust.

RHUBARB OR PIE-PLANT PIE.

Use an equal quantity of rhubarb and apple. Wash the rhubarb, strip off the skin and cut in thin slices. The apples should be pared, cored and sliced. Line the pie-plate with crust and fill with the rhubarb and apple. Sprinkle over it three-fourths of a teacupful of sugar, a few bits of butter and a tablespoonful of flour; cover with an upper crust. Wet the edges of the under crust and cut a few small gashes in and near the middle of the upper crust, and lay it over the pie; press it gently to the edge of the under crust and cut off the over-

lapping portions. Be sure that the edges are well pressed together so that the juice will not escape. The pie may be made entirely of rhubarb, but on cupful of sugar will be required, and one well-beaten egg is an improvement.

PINEAPPLE PIE.

One cupful of powdered sugar, two eggs, one-half cupful of butter, one small pineapple.

Grate the pineapple. Beat the butter and sugar together until creamy, add the beaten yolks of the eggs and the pineapple. When well mixed, add the whites of the eggs beaten to a stiff, dry froth, mix lightly and turn into the pie-plate. Bake with an under crust only.

COCOANUT PIE.

Four tablespoonfuls of sugar, two cupfuls of milk, one-fourth cupful of cream, two tablespoonfuls of corn starch, two eggs, one-half of a cocoanut, one-half teaspoonful of vanilla.

Grate the cocoanut. Scald the milk; beat the yolks of the eggs light with the sugar, add the corn starch and mix with the scalded milk. Cook and stir until it thickens, take from the fire, add the cream and the cocoanut and put away until cool. Beat the whites of the eggs to a stiff, dry froth, add to the custard with the vanilla. Bake the bottom crust, brush it over with the whites of eggs, put in the custard and brown in a quick oven. Let the pie cool before serving.

RAISIN PIE.

One lemon, one cupful of sugar, one egg, one tablespoonful of flour, one-half cupful of raisins.

Select large, soft raisins, and seed. Cover with one cupful of cold water and soak two hours. Beat the eggs until light with the sugar, add the juice and grated rind of the lemon and mix with the flour. Add the raisins and water in which they have been soaking, and cook until the mixture thickens. Bake in two crusts.

WASHINGTON PIE.

Beat together one tablespoonful of butter, one cupful of sugar and one egg until light. Add one cupful of milk and two cupfuls of flour into which have been sifted one teaspoonful of ginger, one

teaspoonful of cinnamon and one-half teaspoonful of Sea Foam baking-powder. Beat thoroughly until smooth. Line the Washington pie-plate with a plain paste, put the mixture into it and bake in a moderate quick oven thirty minutes. When done, cover with frosting and set to cool.

HUCKLEBERRY PIE.

Look the berries over carefully and wash them. Line a pie-plate with a plain or puff-paste, as preferred, and strew over it a pint of huckleberries, heaping them in the middle; there will then be room at the sides for the juices and consequently less likelihood of their escaping between the crusts while baking; sprinkle with one tablespoonful of flour, and a teacupful of sugar; add the top crust, in the centre of which cut a gash an inch or two long to allow the steam to escape; trim the edges neatly with a sharp knife. Bake in a quick oven.

BLACKBERRY PIE.

Line a pie-plate with plain or puff-paste; carefully look over a pint of ripe blackberries; put them in the pie-dish, keeping them a little in the middle of the dish; dust with two tablespoonfuls of flour, and add a cupful of sugar. Make a paste of a teaspoonful of flour and a little water, with which brush over the edge of the under crust, to prevent the juice from escaping; add the upper crust and trim the superfluous crust from the edge with a sharp knife. Bake in a quick oven. Dust with powdered sugar or cover with a thin meringue, made of the white of one egg and a tablespoonful of pulverized sugar, or omit both and eat plain.

RASPBERRY PIE.

Line a pie-dish with good paste; look over carefully one pint of raspberries, spread them over the crust, keeping them in the centre, sprinkle over them two tablespoonfuls of sifted flour and a teacupful of sugar; brush over the edge of the crust with a thin paste (made by stirring a teaspoonful of flour into a little water), add the top crust; trim the edges neatly with a sharp knife, and bake in a quick oven. Glaze with a thin meringue made of the beaten white of an egg and a tablespoonful of pulverized sugar; the meringue to be added just before taking the pie from the oven, where it should remain long enough to set the icing.

STRAWBERRY PIE.

Hull the berries, look them over carefully and avoid washing them if possible, for it injures their flavor. In fact, it would be well if no berries need be washed to remove the grit. Line a pie-plate with crust and fill with the berries; sprinkle liberally with sugar, a little flour and bits of butter; add a few tablespoonfuls of water; then lay over the upper crust, press the edges firmly, after wetting the under one to make them stick together. Bake in a moderately hot oven. When cold, dust with powdered sugar or not, as preferred.

CREAMED STRAWBERRY TARTS.

After picking over the berries carefully, arrange them in layers in a deep pie-tin lined with puff-paste, sprinkling sugar thickly between each layer; fill the pie-tin pretty full, pouring in a quantity of the juice; cover with a thick crust, with a slit in the top, and bake.

When the pie is baked, pour into the slit in the top of the pie the following cream mixture: Take a small cupful of the cream from the top of the morning's milk, heat it until it comes to a boil, then stir into it the whites of two eggs beaten light, also a tablespoonful of white sugar and a teaspoonful of corn starch wet in cold milk. Boil all together a few moments until quite smooth; set it aside, and when cool pour it into the pie through the slit in the crust. Serve it cold, with powdered sugar sifted over it.

Raspberry and blackberry may be made the same.

CHERRY PIE.

One quart of cherries, one and one-half cupfuls of sugar, one tablespoonful of flour.

Stone the cherries, saving all the juice. Add the sugar and the flour and stir until well mixed. Fill the pie-plate, lined with pastry, cover with the upper crust and bake. When canned cherries are used, take only half the juice to the same amount of cherries, sugar and flour.

CHERRY TART.

Pick the stems from fresh, ripe cherries, and stone them. Choose small, deep pie-dishes for tarts; place a small cup upside down in the middle of the dish and fill the pie-dish with the cherries, adding two heaping tablespoonfuls of sugar and a level tablespoonful of flour. Lay

a border of either puff-paste or short crust around the edge, put on the top crust and ornament the edges; bake in a brisk oven from thirty to forty minutes. When done, take from the oven, cover with a thin meringue made of the whipped white of one egg and a large tablespoonful of pulverized sugar; return to the oven, leaving the door open long enough to set the icing. Or the tart may be served plain, or the crust may be dusted with pulverized sugar before serving. Berries and currants make delicious tarts.

CRANBERRY PIE.

Pick over and wash the cranberries; stew them in a porcelain-lined saucepan until well done; sweeten to taste; line a pie-plate with paste, fill with the stewed cranberries and bake with or without a top crust. (A lattice work of thin strips of paste is often used for these pies.) Cover with a meringue when baked, or dust with powdered sugar when serving.

CRANBERRY TARTS.

Make a cranberry sauce according to directions already given. Line patty-pans with puff-paste; fill with the cranberry sauce, lay strips of pastry, cross-wise, over the tops, and bake in a quick oven. When done sprinkle with granulated sugar and set away to cool.

GREEN CURRANT PIE.

One teacupful each of good-sized green currants, sugar and sweet cream. Line a pie-plate with a good crust; beat the egg; add the cream and sugar; stir well together; pour into the shell; sprinkle with a few bits of butter, and dust a little flour over the currants and add them; cover with an upper crust and bake. When cold, dust with powdered sugar.

GOOSEBERRY PIE.

Remove the tops and stems, and wash the gooseberries; fill the pie-plate (which has been lined with crust), and sprinkle over them a heaping teacupful of sugar if the berries are very sour, a few bits of butter and a little flour. Cover with a top crust and bake in a moderately hot oven.

FRUIT TURN-OVERS.

Make a crust as for pies and roll one-quarter of an inch thick; cut out with a saucer-sized cutter; put the fruit on half of the circle,

folding the other half over it. Wet the inside edges so they will stick together. If the fruit used be thinly-sliced apples, sprinkle them with a little sugar and cinnamon, add a small piece of butter and a tablespoonful of water before folding over the crust; but if berries are used, flour, sugar and butter should be used. When ready for the oven brush them with the white of an egg. They will require from twenty to thirty minutes to bake. When done dust with powdered sugar.

SWEET POTATO PIE.

Parboil, peel, and when cold, grate enough sweet potatoes to make a pound. Cream a half cupful of butter with three-quarters of a cupful of sugar and the beaten yolks of four eggs, a teaspoonful, each, of powdered cinnamon and nutmeg, the grated potato, the juice and rind of a lemon, a wineglassful of brandy and, last of all, the whites of the eggs. Line a large pie-plate with puff-paste, fill with the mixture and bake.

LEMON CHEESE CAKE.

The yolks of six eggs, quarter of a pound of butter, one pound of loaf sugar, the rinds and juice of four lemons.

Melt the butter in an enameled saucepan, put in the butter, and when it has dissolved add the grated rind and strained juice of the lemons. Next beat up the yolks and strain them in and cook the mixture very slowly until it is like thick honey. Stir it all the time, and on no account let it boil. Pour it into dry, clean jars, and when it is cold cover tightly.

PUDDINGS.

"The proof of the pudding is in the Eating."

Puddings are valuable as a summer dish. They are mostly light and easily digested, besides being most agreeable to the taste, and many of them cool and refreshing.

A pudding may be made as substantial a dish as one chooses, quite solid and nutritious enough to make a whole tea or luncheon, or light enough to be simply a delicious course with which to finish a meal.

ENGLISH PLUM PUDDING.

Chop very fine one pound of beef suet; mix well with two pounds of flour and two pounds of very fine bread crumbs; add two pounds of stoned raisins, two pounds of English currants, washed, dried and chopped fine; half a pound of candied lemon or orange-peel, shaved as fine as possible, three teaspoonfuls of Sea Foam baking-powder and a little salt. Put in spices, nutmeg and ground cloves, or any prepared spices to suit the taste; add one pint of brandy and one dozen eggs, well beaten. Mix these ingredients very thoroughly. Have a pudding cloth well floured, or a mold well buttered, and put the pudding in; boil constantly ten or twelve hours. This pudding will keep a long time, and can be warmed over by steaming.

PLUM PUDDING.

One pound of raisins, stoned and chopped fine; half a pound of sugar and a pinch of salt; one-quarter of a pound of mixed peel, chopped fine; half a pound of bread crumbs. Prepare all these ingredients and mix with six well-beaten eggs and a gill of milk. Butter a mold, fill with the pudding mixture, and tie in a cloth. The pudding is to be put on in boiling water and kept at the boil for five hours. Turn out on a napkin and sprinkle the top with white sugar. Serve with "Brandy Sauce" or plain cream.

CHRISTMAS PUDDING.

Two pounds each of raisins, currants, bread crumbs, flour, suet and sugar, one dozen of eggs, half a pound of candied peel of citron, two teaspoonfuls each of salt, allspice and cloves; two nutmegs, grated, four teaspoonfuls of Sea Foam baking-powder, and half a pint

of brandy. Stone the raisins, chop fine; wash, dry and chop the currants; pick over the suet carefully, so as to get off skin and hard bits, and chop it very fine; beat the eggs thoroughly; grate the nutmegs; chop the candied peel of citron fine and put the baking-powder into the flour. Mix ingredients thoroughly together, and put into a pudding cloth or bag, which has first been dipped in hot water, wrung out and well floured on the inside; the water should be boiling when the pudding is put over, and it should boil steadily for five hours. Eat warm with sauce.

YORKSHIRE PUDDING.

This pudding is to be served with roast beef, and is made as follows: Rub six large tablespoonfuls of flour to a smooth, stiff batter in half a pint of milk; beat thoroughly, and add very gradually one pint of milk, and three eggs well beaten; add a little salt and beat the mixture a few minutes. Pour the batter into a shallow tin baking dish, which has been previously well rubbed with beef drippings. Bake half an hour; cut in squares, and serve with roast beef. If you have a roasting rack upon which to place your beef while baking, the pudding may be baked in the same baking-pan with the meat, and will be much improved by receiving the drippings from the beef. It should be put into the oven half an hour before the meat is done.

A GOOD PUDDING.

One quart of sweet milk, one pint of bread crumbs, soaked in the milk, one cupful of sugar, two tablespoonfuls of butter, the beaten yolks of four eggs, and the grated yellow part of the rind of one lemon. Stir all the ingredients well together and put into an earthen pudding-dish. Bake about an hour; then cover with a meringue made of the whites of the eggs, four tablespoonfuls of powdered sugar and the juice of the lemon. Beat the whites very stiff before adding the sugar and lemon. Bake a nice brown, and remove from the oven. Serve either warm or cold.

MINUTE PUDDING.

Butter a saucepan; put one quart of milk into it, salted to taste; when it boils, stir into it about a pint of flour, allowing it to sift slowly through your fingers, stirring briskly all the time; add at the last two well-beaten eggs; stir quickly for a moment, and serve. Cream and sugar are the best sauce for this pudding. The pudding

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is not apt to be lumpy if the flour is first stirred smooth in a little cold milk, and then added to the boiling milk, but it is not as light as when the flour is stirred, dry, into the boiling milk. If preferred, or more convenient, omit the eggs.

BOILED INDIAN PUDDING.

Heat a quart of milk to scalding, and beat into it gradually three cupfuls of Indian meal, into which you have stirred a scant teaspoonful of salt. When the meal is thoroughly beaten in and is free from lumps, add two heaping tablespoonfuls of powdered suet and remove from the fire. Turn into a bowl and set aside to cool. When the meal-mixture is very cold beat in four whipped eggs, a gill of molasses and a half teaspoonful of powdered cinnamon. Beat for five minutes and pour into a greased pudding mold with a closely fitting top. Boil for five hours, turn out upon a heated platter and set in the oven for five minutes before sending to the table. Eat with a hard or liquid sauce.

BAKED APPLE DUMPLING.

Make a baking-powder crust as for biscuit; roll thin and cut in circular form three inches in diameter. Have ready, pared, quartered and cored (or remove the core and peel, leaving the apple whole) some good tart apples; place on the crust in an upright position four large quarters, or one whole apple; bring the crust together at the top and pinch together close. Lay the dumplings in buttered baking dishes, and bake one hour, or until the apples are tender. Serve with "Sauce for Apple Dumpling."

FRUIT DUMPLING.

Here is a simple recipe for a nice light currant dumpling, a food which is sustaining, easily digested and economical. Six ounces of beef suet, finely shredded; eight ounces of currants, washed, picked and dried; one pound of flour, two level teaspoonfuls of Sea Foam baking-powder. Mix the flour, baking-powder, currants and suet. Add a grating of nutmeg, a pinch of salt and sufficient water to make into a stiff dough. Mold the dough into a big ball, handling as little as possible. If the dumpling is to be boiled, tie it in a floured cloth and set it on in plenty of boiling water. Two hours should be allowed for the cooking.

STEAMED APPLE DUMPLING.

Pare, quarter and core a dozen good-sized apples and place in a buttered pudding-dish. Make a crust as for "Baked Apple Dumpling"; roll three-fourths of an inch thick; put on the top of the apples; place in a steamer over a kettle of hot water, and steam an hour and a half. Serve with "Sauce for Apple Dumpling."

SUET PUDDING.

Slightly warm and stir together one cupful of molasses and one of suet, freed from strings and powdered. Have ready a cupful of seeded and minced raisins and two even cupfuls of flour, sifted with three even teaspoonfuls of Sea Foam baking-powder and a saltspoonful of salt. Beat two eggs light, add to the warmed mixture, season with mace and cinnamon, put in the flour, lastly the fruit. Pour into a buttered mold and steam nearly three hours.

CABINET PUDDING.

Butter the mold or basin in which the pudding is to be boiled, and stew over the bottom of it one ounce of candied peel, cut in small pieces, and a cupful of large, fine raisins; on these place a layer of sponge cake, cut in thin slices; put a few drops of melted butter on each side of cake, and scatter a layer of English currants over the whole; then add another layer of sponge cake and more currants; proceed in this way until the dish is nearly full. Now flavor a pint of milk with some grated lemon-peel; add four eggs well beaten, and three tablespoonfuls of sugar. Beat the mixture thoroughly; then strain it into the mold, which should be quite full. Let the pudding stand for two hours; then tie a cloth over the top, or cover closely; set in boiling water, and let boil for one hour. Let stand for a few minutes after taking it up before removing the cover; then turn quickly out of the mold or basin. Serve with "Fruit Sauce" or "Wine Sauce."

BAKED CORN STARCH PUDDING.

Four tablespoonfuls of corn starch, a small teaspoonful of butter, one quart of milk, a scant teacupful of sugar, three eggs and a little jelly or jam. Add the sugar and butter to the milk, and heat to boiling; stir in the corn starch, rub smooth in a little cold milk; boil a few minutes, stirring constantly; remove from the stove, and stir in

thoroughly the beaten yolks of the eggs; pour into a buttered pudding-dish, then place in a moderately hot oven for about fifteen or twenty minutes; then take from the oven; spread over it the jelly or jam—four or five tablespoonfuls will be required; cover with a meringue of the whites of the eggs, beaten stiff with three tablespoonfuls of powdered sugar. Return to the oven to become a delicate brown. Eat cold with sweetened cream.

FRUMENTY.

Cook a cupful of raw rice with two cupfuls of hot water in the inner vessel of a double boiler for half an hour. Then turn it into three cupfuls of milk heated in the double boiler, and cook until very tender. Stir in one level teaspoonful of salt and one level tablespoonful of butter. Beat two eggs light with two tablespoonfuls of sugar, and stir this into the hot rice when you take it from the fire.

Rub to a light cream two tablespoonfuls of brown sugar with one of butter and season with cinnamon. Turn the hot rice into a deep dish, spread this sauce smoothly over the top, and serve.

BAKED RICE PUDDING.

Soak half a teacupful of rice over night in a pint of milk; in the morning add a pint of milk and set on the stove, allowing it to heat very slowly until scalding hot; remove from the stove; add the yolks of four eggs, well beaten, a teacupful of sugar, one tablespoonful of butter, and a little grated nutmeg; stir the ingredients well together and bake until the pudding is well set, but do not allow to whey; cover with a meringue made of the whites of the eggs. Eat cold or warm as preferred. Raisins may be added to this pudding if desired, but it is more delicate without them.

RICE CUSTARD.

Half a cupful of rice, soaked in one and a half cupfuls of water until fully swelled; add a pint of milk and boil slowly to a jelly; then add the beaten yolks of three eggs and four tablespoonfuls of sugar to the rice while boiling; turn into a baking dish, set into the oven for a few minutes; then cover with a meringue made with the beaten whites of the three eggs and three tablespoonfuls of powdered sugar; remove from the oven as soon as it becomes a delicate brown. Serve cold.

ROLLY-POLY PUDDING.

Make a dough as for biscuit and roll it about a fourth of an inch thick. Spread over it—leaving an inch uncovered at the edges—almost any kind of fruit, berries, cherries, jam or marmalade. Roll it up quite tight. Sew the pudding in a cloth, leaving room for it to rise. Boil or steam an hour, if the pudding is of medium size. Serve with any pudding sauce preferred, or sugar and cream may be passed.

SNOW PUDDING.

A small-sized box of gelatine dissolved in one pint of boiling water. Add two cupfuls of sugar and the juice of two lemons; strain and put into a cool place until it begins to stiffen; then add the whites of two eggs, well beaten. When perfectly mixed put into a mold; make a soft custard of the yolks of the two eggs, one pint of milk, and sugar and salt to taste; pour around the pudding when served.

AN OLD-FASHIONED BREAD PUDDING.

Soak a pint of fine crumbs in a quart of milk, and when they have soaked for two hours, stir in four well-beaten egg yolks, two tablespoonfuls of melted butter, a scant half teaspoonful of soda dissolved in a little boiling water and a pinch of nutmeg. Last of all, fold in lightly the stiffened whites of the eggs. Bake in a well-greased pudding-dish, cover for half an hour, then uncover and brown. Send to the table as soon as done and eat with hot wine sauce.

BAKED INDIAN PUDDING.

Stir into a cupful of yellow corn meal a half teaspoonful of salt; pour gradually upon the salted meal two cupfuls of boiling water, and beat until free of lumps. Have ready heated in a large double boiler five cupfuls of milk, and into this stir the scalded meal. Boil for an hour. Whip four eggs very light, and into them a gill of molasses, a tablespoonful of melted butter, and a quarter of a teaspoonful, each, of powdered cinnamon and nutmeg. Now remove the boiled meal from the fire and add it very slowly, beating steadily, to the egg mixture. Turn all into a deep, greased pudding-dish and bake, covered, for nearly an hour. Uncover and brown. Serve the pudding from the dish in which it was baked. Eat with hard sauce flavored with lemon juice.

BREAD AND APPLE PUDDING.

Butter an earthen baking dish; put a layer of chopped apples (juicy, sour ones preferred) at the bottom; sprinkle with sugar, cinnamon and a few bits of butter; cover with fine bread crumbs. Proceed in this manner until the dish is full, having a layer of bread crumbs on top. Cover close, and bake about three-fourths of an hour; then remove cover and allow to become a nice brown. To be eaten warm, with a hard sauce of butter and sugar, or a sweet liquid sauce.

COTTAGE PUDDING.

Three tablespoonfuls of melted butter, one cupful of white sugar, one egg, a light pint of flour, with three teaspoonfuls of Sea Foam baking-powder sifted in; one cupful of sour milk. Mix butter and sugar well together; add beaten egg and flour, then the milk. For one loaf. Sauce for same: One and three-fourths cupfuls of powdered sugar and half a cupful of butter, stirred well together; then add three-fourths of a cupful of wine (Madeira or sherry are better). Put the mixture into a tin pail and put in a kettle of boiling water, stirring briskly all the time until hot. For the above pudding, pieces of stale cake may be steamed and used.

CRACKER PUDDING.

One quart of milk, one and a half cupfuls of sugar, two eggs, six Boston crackers, powdered fine, half a pound of raisins, half a nutmeg, grated, half a teaspoonful of cinnamon, one tablespoonful of butter and a little salt. Beat the whites and yolks of the eggs separately, stone and flour the raisins; mix all the ingredients together; pour into a buttered pudding-dish and bake slowly two hours. Serve with or without meringue, as preferred.

CUSTARD PUDDING.

There are two kinds of custard pudding, the one made with the whites of eggs, the other with yolks. It is desirable to select that kind which uses the eggs left by other dishes. The proportion and the mode of cooking are the same for both. Six whites (whites or yolks); if whites, beat to a froth; one cupful of cream, a little sugar, a very little salt, and two tablespoonfuls of sour wine, or a flavor of bitter almonds or lemon. Steam slowly in a mold (which should

stand in a kettle of cold water for about twenty minutes). If the water is allowed to boil, the pudding will be tough, instead of elastic and light. Serve with a fruit sauce.

FIG AND RAISIN PUDDING.

Soak a large cupful of bread crumbs in a cupful of milk for an hour; stir into them three eggs, beaten very light, three tablespoonfuls of powdered suet, and three tablespoonfuls of flour sifted with a teaspoonful of Sea Foam baking-powder. Have ready a half cupful of minced figs and the same quantity of seeded and quartered raisins. Mix the fruit together, dredge thoroughly with flour, and stir it into the pudding batter. Pour the mixture into a large pudding mold with a closely fitting top, leaving an abundance of room in the mold for the pudding to swell. Steam for fully three hours. Turn from the mold, set the pudding in the oven for five minutes, and serve with a liquid sauce.

SAGO PUDDING.

Soak half a cupful of sago in a cupful of cold water for two hours. Drain, put into the inner vessel of a farina kettle with a quart of hot milk, and simmer until the sago is clear, stirring up from the bottom several times. Add, then, a tablespoonful of butter, four of sugar, a good pinch of salt and three eggs beaten light. Beat all well and turn into a buttered bake-dish. Bake in a quick oven twenty minutes.

Eat hot with sauce, or cold with cream.

CHERRY PUDDING.

One tablespoonful of butter, one-half cupful of sugar, two cupfuls of sour milk, one quart of cherries, one egg, one-half teaspoonful of soda, two cupfuls of flour, or enough to make batter as thick as for cake.

Stone the cherries. Beat the eggs light without separating, add the sugar gradually and, when light, the butter, melted. Dissolve the soda in a little warm water, add to the sour milk, and add this to the batter alternately with the flour. Beat until light and smooth, add the cherries, and bake for three-quarters of an hour.

FRUIT TAPIOCA.

Two tablespoonfuls of tapioca, one-third cup of cold water, two cupfuls of milk, yolks of two eggs, one-half cupful of sugar, one cupful of peaches, pinch of salt, two or three drops of vanilla.

Soak the tapioca in the cold water for one hour. Scald the milk, add the tapioca and cook until clear. Add the yolks of the eggs beaten light with the sugar; cook for five minutes, take from the fire, add the fruit, salt and vanilla. Mix well and cool. Other fruits or a mixture of several may be used at pleasure.

FRUIT PUDDING.

Cream together a cupful of butter and the same quantity of powdered sugar. Beat six eggs light and stir them into the butter and sugar. When thoroughly blended add three cupfuls of prepared flour and the grated peel of two lemons.

Have already prepared a half pound of seeded and halved raisins, eight minced figs and a quarter of a pound of minced citron. Mix these, dredge them thoroughly with flour and stir into the batter. Boil in a very large mold for three hours. This is an excellent company pudding and is a large one. Eat with hot liquid sauce.

COCOANUT PUDDING.

Half a grated cocoanut, one quart of milk, three eggs, one tea-cupful of sugar, and any flavoring preferred. Beat the yolks and whites separately. Bake about three-quarters of an hour, or until the custard is well set; then remove from the oven, and cover with a meringue; then return to the oven to brown. Serve cold.

CABINET PUDDING.

Butter a pudding mold and sprinkle the bottom with chopped raisins, citron and currants; add a layer of sponge cake and sprinkle lightly with ground cinnamon and cloves. Alternate these layers until the mold is almost full. Beat four eggs until light, add one quart of milk and a little salt and four tablespoonfuls of melted butter. Pour over the cake. Let all stand one hour and then steam for one and a half hours and serve with a currant jelly sauce.

A RICH LEMON PUDDING.

Required: Half a pound of flour, half a pound of fresh, white bread crumbs, three-quarters of a pound of beef suet, half a pound of Demerara sugar, three lemons, three eggs. Mix the crumbs and flour, chop the suet finely, using some of the flour, etc., to prevent it sticking to the knife. Mix the suet and sugar with the flour and crumbs. Add the grated rinds of three lemons and the juice. The latter must be strained. Well beat the eggs, and then add them to the other ingredients, mixing all very thoroughly. Put the mixture into a well-greased mold or basin. Twist a piece of greased paper over the top, and steam the pudding steadily for four hours. Serve it turned out on a hot dish with lemon sauce. If liked the pudding could be boiled instead of steamed. It will then only take about two and a half hours to cook, but will hardly be as light. The above quantities would make a large pudding.

APPLE MERINGUE PUDDING.

Four cupfuls of well-sweetened apple sauce, run through a colander and beaten with an egg-whisk until light and creamy. One cupful of fine bread crumbs; three eggs; one glass of sherry; one tablespoonful of butter (melted); juice of a lemon and half the grated rind; mace and cinnamon to taste. Mix crumbs, apple sauce and melted butter well together, add the seasoning, the lemon, and finely the beaten yolks of the eggs. Beat hard for one minute, turn into a buttered pudding-dish and bake, covered, for half an hour. Draw to the oven door and spread with a meringue made of the stiffened whites of the eggs. Eat ice-cold with cream.

TAPIOCA PUDDING.

One cupful of tapioca soaked over night in a pint of water. In the morning add one quart of milk, stirring gently, and boil about twenty minutes; then add the yolks of four eggs, well beaten, two teacupfuls of sugar, and a little butter, and allow to boil a few minutes longer; flavor with a teaspoonful of vanilla, and pour into an earthen dish; cover with meringue made of the whites of four eggs, beaten stiff, and four tablespoonfuls of powdered sugar. Serve cold.

BAKED ORANGE PUDDING.

Make a batter of two eggs, a cupful of milk, a tablespoonful of melted butter and about three cupfuls of flour into which have been sifted two teaspoonfuls of Sea Foam baking-powder. Peel, seed and cut into bits four oranges; beat these into the batter and bake in a greased pudding-dish in a hot oven. Serve with hot liquid sauce.

DELICIOUS CHOCOLATE PUDDING.

Boil one-half a cake of chocolate in a quart of milk. When quite dissolved, pour over one pint of bread crumbs and let it stand for one hour. Now mash through a colander or sieve until a perfectly smooth mass is obtained. Add four well-beaten eggs, a cup of butter, two cups of sugar, a little grated nutmeg, one cup of seeded raisins, and one cup of blanched almonds. Steam one hour. Serve with cream.

CHOCOLATE MERINGUE PUDDING.

For a small pudding use one pint of milk, two tablespoonfuls and a half of corn starch, one ounce of chocolate, two eggs, five tablespoonfuls of powdered sugar, one-fourth of a teaspoonful of salt, and half a teaspoonful of vanilla extract.

Mix the corn starch with one gill of the milk. Put the remainder of the milk on to boil in the double boiler. Scrape the chocolate. When the milk boils, add the corn starch, salt and chocolate, and cook for ten minutes. Beat the yolks of the eggs with three tablespoonfuls of sugar. Pour the hot mixture on this, and beat well. Turn into a pudding-dish that will hold about a quart, and bake for twenty minutes in a moderate oven.

Beat the whites of the eggs to a stiff, dry froth, and gradually beat in the remaining two tablespoonfuls of sugar and the vanilla. Spread this on the pudding, and return to the oven. Cook for fifteen minutes longer, but with the oven door open. Serve either cold or hot.

CHOCOLATE SOUFFLE.

Half a pint of milk, two ounces of chocolate, three tablespoonfuls of sugar, one rounding tablespoonful of butter, two tablespoonfuls of flour, four eggs.

Put the milk in the double boiler, and place on the fire. Beat the butter to a soft cream, and beat the flour into it. Gradually pour the hot milk on this, stirring all the time. Return to the fire, and cook for six minutes. Put the shaved chocolate, sugar and two tablespoonfuls of water in a small pan over a hot fire, and stir until smooth and glossy. Stir this into the mixture in the double boiler. Take from the fire and add the yolks of the eggs, well beaten; then set away to cool. When cool, add the whites of the eggs, beaten to a stiff froth. Pour the batter into a well-buttered earthen dish that will hold about a quart, and cook in a moderate oven for twenty-two minutes. Serve immediately with vanilla cream sauce.

CHERRY CREAM PUDDING (EXCELLENT).

One-half ounce gelatine, one-half pint cream, one-half pint milk, two ounces preserved cherries, whisked white of one egg, a few drops vanilla or almond extract, two ounces castor sugar.

Soak the gelatine in sufficient milk to cover it for about fifteen minutes, and then dissolve slowly over the fire with the sugar. Strain into a basin, and when a little cool add the vanilla. Whip the cream and add it with the remaining milk, and then incorporate gradually the whisked white of egg. When beginning to set, sprinkle in the cherries (cut in halves), and stir for a few minutes before molding. When firm, turn out and serve.

CRACKER PUDDING.

Soak two cupfuls of crushed crackers, very fine, in a quart of hot milk, and stir in a double boiler over the fire until it smokes. Then put in a tablespoonful of butter, a saltspoonful of Sea Foam baking-powder and four beaten eggs. Turn into a greased pudding-dish and bake until the custard is set. Send to table at once, and eat with hard sauce.

VICTORIA PUDDING.

Stir the well-beaten yolks of five eggs with one pint of apple sauce that has been strained, flavored and sweetened; then add one spoonful of flour, one of butter, and the grated yellow part of the rind of a lemon (the white being bitter). Line an earthen pudding-dish with a crust, put the pudding into it and bake until the crust is done; then cover with a meringue of five whites, five tablespoonfuls

of powdered sugar, and the juice of half a lemon. Beat the whites very stiff before adding sugar and lemon. Bake a delicate brown, and remove from the oven.

FLOATING ISLAND.

Heat a pint of milk to scalding in a double boiler. Beat the yolks of three eggs stiff—setting the whites in the icebox until they are needed for a meringue. Into the whipped yolks stir three tablespoonfuls of granulated sugar, and pour the scalding milk gradually upon these. Return to the fire and cook, stirring all the time, until the custard is thick enough to coat the spoon. Remove from the fire, and, when the custard is cool, flavor with a teaspoonful of vanilla and turn into a glass bowl. Whip the chilled whites to a stiff meringue and beat into this, a little at a time, three tablespoonfuls of red jelly—catawba grape or currant. The meringue should be pink in color, and may be heaped upon the top of the custard in the bowl.

BLANC-MANGE.

A pretty way to arrange blanc-mange is to mold it in small cups, then place a mold of jelly in the centre of a platter, with the molds of blanc-mange around it. Sweetened cream should be served with it. To half of the blanc-mange chocolate enough to flavor may be added, then every other mold will be brown, making a nice effect.

BOILED RICE WITH MILK AND EGG.

Wash a cupful of rice and cook in an abundance of boiling water slightly salted until tender, but not pasty. Drain off every drop of the water, shaking the rice in a colander. Return the cereal to the fire in a double boiler and stir into it a quart of boiling milk, into which three beaten eggs have been gradually whipped. Cook gently for a few minutes, or until much of the milk has been absorbed. Eat with sugar and cream.

SAUCES FOR PUDDINGS.

SAUCE FOR APPLE DUMPLINGS.

One cupful of sugar, half a cupful of butter, two teaspoonfuls of corn starch (or sifted flour), and a little lemon juice or a sprinkling of nutmeg. Rub the butter and sugar to a cream; then add the corn starch; mix thoroughly, and pour in one cupful of water, boiling hot, stirring constantly; add flavoring, and if you like have a gill of wine.

BRANDY SAUCE.

Take a piece of butter the size of an egg, and two tablespoonfuls of sugar; beat them to a cream; add the well-beaten yolk of one egg, and a tablespoonful of corn starch; mix well together. Put a cupful of boiling water on the stove; add to it a little powdered cinnamon and nutmeg. Let the spices boil a few minutes in the water; then stir in the butter, well mixed with the other ingredients. Stir without ceasing until it is just ready to come to a boil; then remove at once or it will curdle and be spoiled. Flavor with two tablespoonfuls of good brandy.

FOAM SAUCE.

One cupful of powdered sugar and two eggs. Beat the sugar and yolks together in a bowl; set in boiling water, and stir until hot; then add the whites, beaten stiff. Put a small piece of butter and a tablespoonful of brandy in a dish; pour over them the sugar and eggs just before serving.

STRAWBERRY SAUCE.

Boil together for ten minutes three-fourths of a cupful of sugar and one-half cupful of water. Run through a vegetable press one pint of strawberries, and when the syrup is cool, add the strawberry pulp and one-half teaspoonful of vanilla.

FRUIT SAUCE.

Obtain the juices of any ripe berries or larger fruit in a saucepan with a very little water, for a little while; then strain through a thin cloth, but do not squeeze; add a teaspoonful of corn starch for a pint of juice; sweeten to taste, and, if liked, flavor with wine or lemon juice. Let boil two or three minutes. The juice of canned fruit may be used, and will not need more sweetening.

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CHOCOLATE SAUCE.

Boil together a half cupful of sugar and a cupful of water for five minutes; stir in four tablespoonfuls of chocolate dissolved in a gill of milk, and a tablespoonful of arrowroot dissolved in four tablespoonfuls of cold water. Boil for five minutes longer, stirring steadily, add a teaspoonful of vanilla and a dash of cinnamon, and serve.

HARD SAUCE.

Work two tablespoonfuls of butter and a cupful of powdered sugar to a white cream, then beat in the juice of a lemon and a pinch of nutmeg. Set in a cold place until needed.

PLUM PUDDING SAUCE.

One glassful each of Madeira brandy, two tablespoonfuls of butter, and sugar to taste. Put the sugar, butter, and a part of the brandy, into a saucepan; set on the stove, stirring until the butter and sugar are melted; then add the Madeira and the remainder of the brandy. Pour over the pudding or serve in a sauce bowl.

SAUCE FOR BAKED PUDDINGS.

One egg and one cupful of sugar beaten very light; pour on, very slowly, one cupful of boiling milk, stirring constantly while doing so. Flavor with grated nutmeg, or any extract.

SAUCE FOR STEAM PUDDINGS.

One cupful of sugar, half a cupful of butter, and two cupfuls of sweet milk; just scalded. Cream the butter and sugar; add the milk; then, just before sending to the table, the well-beaten white of an egg.

SUET PUDDING SAUCE.

One cupful of sugar and half a cupful of butter beaten to a cream; then add one beaten egg, and one teaspoonful of flour; just before sending to the table, add three-fourths of a teacupful of boiling water, and boil a minute, or until clear.

PLAIN WHIPPED CREAM.

Add to one cupful of "double" cream, one-half cupful of powdered sugar, and one teaspoonful of lemon or vanilla. Put in a

bowl and set in a larger bowl of cracked ice. Chill the whip, for everything must be very cold; whip until stiff and dry, then add the beaten white of one egg.

WINE SAUCE.

Beat well the yolks of six eggs, add one tablespoonful of sugar, half a pint of sherry, and the grated yellow part of the rind of a lemon. Warm until the sauce is about the consistency of cream. If brandy is used instead of wine, it must be diluted with water, and the juice of a lemon added. A little more sugar will be required if lemon is used.

VANILLA SAUCE.

Add one well-beaten egg to one-half pint of milk. Sweeten to taste. Pour the mixture into a double boiler and cook over water until it begins to thicken; take from the fire and add one teaspoonful of vanilla. Serve hot.

CAKE.

"Cookery is a science ; No man is born a Cook."

POUND CAKE.

Take of butter, sugar and flour one pound each; ten eggs and four tablespoonfuls (one wineglass) of brandy. Beat the butter and sugar to a cream; add the yolks of the eggs, well beaten, and beat ten minutes more; now add the flour and stir until stiff and smooth; add the brandy and whites of the eggs, beaten stiff; beat all together until a smooth mass, the longer it is beaten the lighter the cake will be—at least thirty minutes' steady beating is required. It will be observed that neither soda nor cream of tartar, nor baking-powder is used in this cake; the lightness depends upon the amount of beating, the eggs and the baking. Bake one hour, having the heat of the oven quite moderate the first fifteen minutes, after which time it should be more brisk. Those round baking-tins having a tin tube in the centre are liked for large loaves of cake.

RAISED CAKE.

When ready for the tins, take two cupfuls of raised dough, and mix thoroughly into the following ingredients: Two cupfuls of sugar and one cupful of butter beaten together; one cupful of sweet milk, two cupfuls of flour, two eggs, well beaten, one teaspoonful of soda dissolved in a little hot water, and one cupful of fruit (if English currants, they should be washed and dried; if raisins, they should be seeded and chopped fine, and both floured); use ground cinnamon and cloves to suit the taste, though a teaspoonful of cinnamon and a quarter of a teaspoonful of cloves will be found quite right for most people. Let it rise in the baking-tin until very light, then bake. When the dough will not adhere to a clean broom splinter, if pierced with it, it is done.

FRUIT CAKE.

One and a half pounds of flour, one and three-quarter pounds of sugar, three-quarters of a pound of butter, six eggs, half a pint of sweet milk, two teaspoonfuls of soda, one pound of raisins, one of English currants, half a pound of citron, half a gill of brandy, one gill of wine, one teaspoonful of ground cloves, two of cinnamon, and

two nutmegs grated. Cream the butter and sugar, add the milk, first putting in it soda dissolved in a little hot water; stir in the flour; then add the eggs, the yolks first, well beaten, then the whites beaten stiff; after which, add the remainder of the ingredients. The raisins should be seeded and chopped, the currants washed and dried, and the citron chopped fine; flour all the fruit. For frosting allow five tablespoonfuls of sugar to each white of an egg. Bake in one large pan or several small ones as preferred. This cake is better several weeks or months old.

BLACK FRUIT CAKE.

One pound each of sugar, butter, citron and currants, two pounds of raisins, one and a half pounds of flour, two-thirds of a teacupful of brandy, twelve eggs, one teaspoonful of soda, the same of salt and one cupful of molasses. Divide the flour into two equal parts, into one part put the following spices: One teaspoonful of cinnamon, one nutmeg, grated, one-quarter teaspoonful of cloves and two-thirds of a teaspoonful of allspice. Mix the fruit thoroughly with the remaining half of the flour. Cream the butter and sugar in the cake bowl; add the eggs, beaten light; dissolve the soda in a little warm water; stir it into the molasses, and pour into the cake bowl; add the flour and spices; stir smooth, then put in the flour and fruit; stir the batter until thoroughly mixed, then pour into baking-tins lined with buttered paper. This will make two very large loaves. Bake in a moderate oven for two hours.

DELICATE CAKE.

Two and a half cupfuls of sugar, one cupful of butter, one cupful of sweet milk, four cupfuls of flour, six eggs, three teaspoonfuls of Sea Foam baking-powder. Sift the flour and baking-powder together at least three times. Put the butter and sugar together in the cake bowl and rub them to a cream; add the milk, then the flour, a little at a time, and beat smooth; now break in the eggs, one at a time, stirring and beating the batter well after each egg. Bake in a moderate oven. This recipe makes a very nice layer cake.

NUT CAKE.

Cream one cupful of butter with two cupfuls of sugar; add a cupful of cold water, the well-beaten yolks of four eggs, a half teaspoon-

ful of ground mace and cinnamon, mixed, and three cupfuls of prepared flour, stirred in alternately with the stiffened whites of the eggs. Do not get the batter too stiff. Now add two cupfuls of hickory-nut kernels, thoroughly dredged with flour. Stir in quickly and turn at once into a well-greased loaf-tin. Bake in a steady oven, covering the cake with brown paper for the first half hour it is in the oven. When a straw comes out clean from the thickest part it is done. When cold, turn out, and cover with a plain white-of-egg icing. Arrange half-kernels of hickory nuts at regular intervals on the top of the icing.

FIG CAKE.

Two cupfuls of sugar (dark brown), one cupful of butter, one of water, one teaspoonful each of cloves, cinnamon, nutmeg, and four eggs, two cupfuls of chopped raisins, half a glass of wine, one pound of figs, chopped, two cupfuls of English currants, washed and dried, three cupfuls of flour, and two teaspoonfuls of Sea Foam baking-powder. Bake in layers, which, in putting together alternate with layers made from the following: Two cupfuls of sugar, three-fourths of a cupful of butter, one cupful of sweet milk, one of corn starch, two of flour, three teaspoonfuls of baking-powder, and the whites of six eggs beaten to a stiff froth.

LADY FINGERS.

Four tablespoonfuls of powdered sugar, four eggs, three tablespoonfuls of flour, and a little grated lemon-peel. Stir the sugar and yolks of the eggs thoroughly together; add the flour and rind of half a lemon, grated fine, being careful not to grate through into the white, bitter part; lastly add the whites of the eggs beaten stiff. Bake in lady finger tins, lined with buttered paper. Sprinkle with a little powdered sugar daintily, just before putting into the oven, which should not be too hot, for the lady fingers should be of a delicate brown. In the absence of tins, sheets of white paper may be put in a large tin, and the dough given the required shape by squeezing it through a paper funnel.

LAYER CAKE.

One cupful of sugar, one heaping tablespoonful of butter, three-fourths of a cupful of sweet milk, one and a half cupfuls of flour, one egg and two teaspoonfuls of Sea Foam baking-powder.

LEMON JELLY CAKE.

One cupful of sugar, two tablespoonfuls of butter, two eggs, three-fourths of a cup of cold water, two cupfuls of flour, and three teaspoonfuls of Sea Foam baking-powder. Bake in three tins and put together in layers, with jelly made with three-fourths of a cupful of sugar, one egg, and the juice and grated rind of a lemon, thoroughly stirred and cooked over steam. A sour grated apple may be added to the above jelly, before it is cooked, then a full teacupful of sugar will be required.

MARBLE CAKE.

For the light part: One and a half cupfuls of sugar, half a cupful of butter, half a cupful of sweet milk, two teaspoonfuls of Sea Foam baking-powder, two and a half cupfuls of flour, and the whites of four eggs. For the dark part: One cupful of brown sugar, half a cupful of molasses, half a cupful of butter, half a cupful of sour milk, half a teaspoonful of soda, one teaspoonful of cream of tartar, two and a half cupfuls of flour, yolks of four eggs, and spice to taste.

ORANGE CAKE.

Half a cupful of butter, two cupfuls of sugar, three of flour, one of sweet milk, two eggs, two teaspoonfuls of Sea Foam baking-powder and the juice of one orange. Sift the baking-powder well into the flour; cream the butter and sugar, add the milk, the flour, the well-beaten egg and the orange juice. Bake in layers, and put together with icing and very thin slices of orange; also cover the top with icing.

PLAIN CAKE.

Half a cupful of sugar, one-fourth of a cupful of butter, one egg, three-fourths of a cupful of sweet milk, one pint of flour, one and a half teaspoonfuls of Sea Foam baking-powder. Beat hard and bake quickly.

SILVER CAKE

Whites of four eggs, beaten stiff, one cupful of sugar, half a cupful of butter, half a cupful of sweet milk, one cupful of flour, two-thirds of a cupful of corn starch and two teaspoonfuls of Sea Foam baking-powder. Beat the butter and sugar to a cream, add the milk, the flour, corn starch and baking-powder; after mixing them thor-

oughly together, add, lastly, the whites of the eggs. Bake in a well-buttered cake tin, and put a thin white paper in the bottom of the tin.

SPONGE CAKE.

Three eggs, beaten three minutes; then add one and a half cupfuls of sugar and beat five minutes more; add one cupful of flour and beat one minute more; then half a cupful of warm water, stirring lightly, and another cupful of flour; stir briskly before putting into the cake tins. Use one and one-half teaspoonfuls of Sea Foam baking-powder, sift it thoroughly in the flour. It is better to use the long, narrow cake tins.

VANITY CAKES.

Two eggs, beaten well, a little pinch of salt, and all the flour that can be worked into the eggs with the hands, and roll out. The dough will be very stiff and difficult to roll out. Roll the whole quantity at first thin enough for wafers; then cut out with a small biscuit cutter; take each one and roll as thin as possible, and fry in hot drippings or lard. Test the fat to see if hot enough, by putting in a small bit of bread; if it quickly browns it will be all right. These cakes should be a very delicate brown, and crisp, with little "bubbles" all over them; they are worth the trouble and will please the children.

WEDDING CAKE.

One pound each of powdered sugar, butter, flour and English currants; half a pound each of seeded raisins, chopped, and citron; twelve eggs; whites and yolks beaten separately; one teaspoonful of cloves, one of cinnamon, and two of grated nutmeg. Cream the butter and sugar together, flour the raisins and currants, and stir all the ingredients well together. Bake in large, square tins, lined with buttered paper. This cake will keep for weeks.

ALMOND MACAROONS.

Blanch half a pound of sweet almonds and remove the skins; when they are perfectly dry pound them to a smooth paste in a mortar, adding now and then a few drops of water to prevent the nuts from getting oily; add three-fourths of a pound of powdered sugar and the whites of three eggs, beaten stiff. Beat all together until a smooth paste; line a baking dish with buttered paper and drop bits

of the mixture on the paper; they should be two inches apart; put three or four bits of almonds, at irregular distances on the top of each. Bake in a slow oven for ten minutes. If preferred, the almond paste can be bought at the confectioner's and the other ingredients added to it.

MERINGUES.

Take one-half pound of fine sugar, sifted, and the whites of four eggs, beaten stiff; stir these quickly together; cover the bottom of your baking-tin with buttered paper; put the mixture on the paper, in small tablespoonfuls, about two inches apart; give the meringues the form of an egg and take care that they are of uniform size; dust with fine, granulated sugar, sifted, and bake in a moderate oven until they are nicely colored; remove from the oven; make a small lengthwise opening in the top of the meringue and remove the soft part. When required for the table fill them with whipped cream, sweetened and flavored; put on the ice to set the cream. Very much depends upon the baking of meringues; they should be in the oven from half to three-fourths of an hour, and still be only slightly colored; if baked quickly they will not dry enough.

CURRANT CAKE.

Sift together three cupfuls of pastry flour and three level teaspoonfuls of Sea Foam baking-powder. Cream one scant cupful of butter with one and one-half cupfuls of sugar, adding the sugar gradually; and the well-beaten yolks of three eggs and one teaspoonful of vanilla. Add to this one-half cupful of milk alternately with the flour and last of all one cupful of cleaned and floured currants. Bake in a moderate oven about fifty minutes.

COCOANUT AND CITRON LAYER CAKE.

Rub together three-quarters of a cupful of butter and a cupful and a half of powdered sugar. When this mixture is like a soft cream, add six eggs, beaten light, a cupful of water and three cupfuls of flour sifted twice with a heaping teaspoonful of Sea Foam baking-powder. If the batter should be too thin, add cautiously a little more flour. Pour into three greased layer-cake tins, and bake to a delicate brown.

Whip a pint of cream stiff with a generous half-cupful of powdered sugar. Have ready a fresh cocoanut, grated. Beat this into

the whipped cream. When the cake is cold, spread each layer of it with this mixture, and sprinkle with minced citron. On the top layer heap the cocoanut cream, and dot it here and there with bits of the green citron. This cake must be eaten within a few hours after it is made.

ALMOND CREAM CAKE.

Two cupfuls of powdered sugar, one of sweet milk, three of flour, one-fourth of a cupful of butter, whites of four eggs, well beaten, two teaspoonfuls of Sea Foam baking-powder, and half a teaspoonful of vanilla. Bake in four tins and put together in layers with cream, which make as follows: Whip one cupful of sweet cream to a froth, and stir gradually into it half a cupful of powdered sugar, a few drops of vanilla, and one pound of almonds, blanched and chopped; spread quite thick between the layers of cake. Frost the top and sides.

ANGEL FOOD.

The whites of eleven eggs, one teacupful of sifted flour, and one and a half teacupfuls of sugar, one teaspoonful each of cream of tartar and vanilla. Mix the cream of tartar thoroughly with the flour. Beat the whites to a stiff froth, add the sugar, vanilla and flour, stirring lightly but thoroughly. Do not have too much fire; the oven should be a slow one, as this cake will rise gradually. Bake about forty minutes.

CHOCOLATE CAKE.

Three-fourths of a cupful of brown sugar, one tablespoonful of butter, four eggs (the whites of two are kept for the chocolate filling), two tablespoonfuls of water, one coffeecupful of flour, and two teaspoonfuls of Sea Foam baking-powder, which sift well into the flour. Mix the butter and sugar, add the beaten yolks, then the flour and water, and lastly the beaten whites of two eggs. The following is for the filling: Boil one and a half cupfuls of sugar with three tablespoonfuls of cream and half a cake of chocolate, grated until it will strand when poured from a spoon; then pour this over the beaten whites of two eggs; add a teaspoonful of vanilla; beat until it thickens; put between the layers, over the top and over the sides. This makes nice cocoanut cake, by substituting cocoanut for chocolate.

CREAM CAKES.

Eight eggs, half a pound of butter, three-fourths of a pound of flour, one pint of warm water. Stir the butter into the water, set it on the fire in a saucepan, and slowly bring to a boil, stirring it often. When it boils, put in the flour, boil one minute, stirring all the while; take from the fire, turn into a deep dish, and let it cool. Beat the eggs very light, and whip into this cooled paste, first the yolks, then the whites. Drop, in great spoonfuls, upon buttered paper, taking care not to let them touch or run into each other, and bake ten minutes.

CREAM FOR FILLING.

One quart of milk, four tablespoonfuls of corn starch, two eggs, two cups of sugar. Wet the corn starch with enough milk to work it into a smooth paste. Boil the rest of the milk. Beat the eggs, add the sugar and corn starch to these, and as soon as the milk boils pour in the mixture gradually, stirring all the time until smooth and thick. Drop in a teaspoonful of butter, and when this is mixed in, set the custard aside to cool. Then add extract of vanilla or lemon; pass a sharp knife lightly around the puffs, split them, and fill with the mixture.

GRANDMOTHER'S APPLE CAKE.

Three cups of dried apples stewed slowly in two cups of molasses, then set aside to cool. Three cups of flour, two-thirds of a cup of butter, two cups of brown sugar, one-half cup of raisins, currants and grated lemon-peel, mixed; eight teaspoonfuls of water, one level teaspoonful of soda dissolved in the water, three eggs, spices to taste.

This cake will keep for weeks. It is better when a few days old than when first made.

The apples should be carefully washed, first in warm, then in cold water, lying in this last for half an hour. Drain and toss in a towel before adding the molasses.

CORNUCOPIAS.

Break one egg in a bowl, then add an equal quantity of flour, also an equal quantity of powdered sugar. Stir until perfectly smooth. Grease tin baking sheets and spread the mixture, a spoonful at a time, and very thin. Be careful it does not run together. Bake a light brown in a quick oven. Remove the cakes from the pans and bend

into the shape of a cornucopia. Keep them warm while shaping or the cake will harden. Fill with sweetened and flavored whipped cream; chopped nuts may be added to the cream if preferred.

COCOANUT CREAM PUFFS.

These cakes, while requiring care in their preparation, amply repay one for the time spent in their making.

Into a cupful of hot water stir a half-cupful of butter and bring to a boil. Then add a cupful and a half of flour, and cook (stirring constantly) for two minutes; take from the fire and pour into a bowl to cool. When the mixture is cold beat into it the whipped yolks of four eggs; lastly, the stiffened whites. Line a baking-pan with buttered paper; drop the batter by the large spoonful upon it, and bake in a quick oven. The puffs should be done in fifteen minutes. When they are cold cut off the tops, fill with the following mixture and replace the tops.

FILLING.

Into two cupfuls of thick whipped cream beat a cupful of grated cocoanut, half a cupful of powdered sugar and a teaspoonful of extract of bitter almonds. Whip up hard before putting into the puff shells.

CHOCOLATE COCOANUT CAKE.

One cup of butter, two cups of sugar, three cups of flour; five eggs, beat whites and yolks separately; one small cup of ice water, two spoonfuls of Sea Foam baking-powder sifted in the flour, vanilla flavoring. Cream butter and sugar together until very light; add yolks of eggs, then whites, then flour, and finally the ice water. Bake in biscuit pans. When cold cut in squares. Have chocolate frosting ready in a bowl. Dip each square into the frosting and put on a platter to dry. For cocoanut cakes, have white frosting in a bowl and a dish of grated fresh cocoanut. Dip the squares into the frosting and then roll them in the grated cocoanut.

COCOANUT MACAROONS.

Into two cups of grated cocoanut stir a cupful and a half of powdered sugar and a gill of cream, or just enough to wet the cocoanut. Add the beaten whites of two eggs, and mix all thoroughly. Line a baking-pan with buttered paper, drop the cocoanut mixture

by the teaspoonful upon this and bake quickly in a hot oven. Sift powdered sugar over the macaroons while they are still warm.

SPICED COFFEE CAKE.

One and a half cupfuls of sugar, one-half cupful of butter, three eggs well beaten, one cupful of strong made coffee, three and one-half cupfuls of flour, two teaspoonfuls of cinnamon, one teaspoonful of ginger, one grated nutmeg, three teaspoonfuls of Sea Foam baking-powder. Fruit may be added if desired.

GERMAN COFFEE CAKE.

Pour half a cup of boiling water over half a cup of cream; dissolve one cake of compressed yeast in one-fourth a cup of boiled and cooled water and add to the cream and water cooled to a lukewarm temperature; beat in two cups of sifted flour, cover and let stand to become light, then add one-third a cup of melted butter, one teaspoonful of salt, one cup of sugar, two eggs and flour to make a dough that can be kneaded.

Knead until the dough is elastic, then cover and set aside to become light. Started at 3 o'clock the dough may be shaped about 6. To shape, pat out into a sheet an inch and a half thick and cut to fit baking-pans. Let stand, to double nearly in bulk, then transfer to the ice in the refrigerator. In the morning, brush the top of the dough with melted butter and dredge thickly with sugar and cinnamon. Bake about twenty-five minutes.

JUMBLES.

Two cupfuls of sugar, one of butter, one of sweet milk, four of flour, three eggs and three teaspoonfuls of Sea Foam baking-powder. Mix thoroughly, and drop on buttered tins, with a large spoon; sprinkle with sugar before baking.

MARSHMALLOW LAYER CAKE.

Cream a cupful of butter with two cupfuls of sugar, and when smooth and light, add the well-beaten yolks of six eggs, a cupful of milk and two cupfuls of prepared flour, alternately with the stiffened whites of the six eggs. If the batter is too thin, add a little more flour. Flavor with vanilla and bake in layer tins.

FILLING FOR MARSHMALLOW CAKE.

Dissolve five tablespoonfuls of gum arabic in a gill of cold water; then stir in a half-cupful of powdered sugar and boil all together until a little dropped in cold water can be rolled into a soft ball between the finger and thumb. Have ready-beaten the white of an egg and strain the syrup into this, beating the stiffened egg constantly as you do so. Flavor with vanilla and spread upon the cake layers with a knife dipped in boiling water.

CURRANT BUN.

Warm a cupful of cream in a double boiler, take it from the fire and stir into it a cupful of melted butter, which has not been allowed to cook in melting. Beat three eggs very light, add them to the cream and butter, then stir in a cupful of sugar. Dissolve a half-cake of yeast in a couple of tablespoonfuls of water, sift a good quart of flour, make a hollow in it, stir into it the yeast and then, after adding to the other mixture, a teaspoonful, each, of powdered mace and cinnamon, put in the flour and the yeast. Beat all well for a few minutes, add a cupful of currants that have been washed, dried and dredged with flour, pour into a shallow baking-pan, let it rise for several hours, until it has doubled in size; bake one hour in a rather quick oven; sprinkle with fine sugar when done.

SPONGE COOKIES.

Beat the yolks of two eggs light with one cupful of sugar. When smooth, add the whites beaten to a standing froth, the juice of half a lemon, and, with quick, light strokes, a cupful of flour sifted twice with one teaspoonful of Sea Foam baking-powder and a little salt. Now work in more flour until you have a "rollable" dough. Cut into shapes, and bake quickly in a floured shallow pan.

LEMON COOKIES.

Cream two cupfuls of granulated sugar and one cupful of butter. Add three beaten eggs and flavor with lemon juice. Sift into the mixture enough flour to make the dough stiff enough to handle, roll thin, cut out and bake.

COOKIES.

One teacupful of white sugar, half a teacupful of butter, one egg, and two tablespoonfuls of sour milk. Dissolve soda in hot water, and add enough to the sour milk to make it foam. Grate in a little nutmeg. Roll thin, and before cutting out sprinkle with a little coarse sugar, and pass the rolling pin over softly, to prevent the sugar from scattering when the cookies are handled. Cut out and bake.

GINGER COOKIES.

One and a half cupfuls of New Orleans molasses, one cupful of brown sugar, one and two-thirds of a cupful of hot water, two teaspoonfuls of soda dissolved in hot water, and a little salt; season to taste with a little each of nutmeg, cinnamon, cloves and ginger.

GINGER SNAPS.

One cupful of molasses, one of sugar, one tablespoonful of ginger, six of butter, four of water, two of cinnamon, one of soda, one teaspoonful of salt, and flour to mix hard. Roll thin and bake in a hot oven.

PEANUT COOKIES.

Beat one tablespoon of butter to a cream; add two tablespoons of sugar, two of milk and one beaten egg. When well mixed stir in half a cup of flour sifted with half a teaspoon each of salt and Sea Foam baking-powder. Add half a cup of finely-chopped peanuts, then drop by dessertspoons on an unbuttered tin, press into the top of each half a peanut and bake in a steady oven.

SOFT GINGER CAKE.

Half a cupful of sugar, one cupful each of butter, molasses and boiling water; two teaspoonfuls of soda, one egg, spice or ginger to taste, three teacupfuls of sifted flour. Pour the boiling water on the soda. Mix thoroughly and bake in a moderately hot oven.

GINGERBREAD, "SUCH AS MOTHER USED TO MAKE."

Mix together a half-cupful each of brown sugar and New Orleans molasses, and stir in a tablespoonful of melted butter, a teaspoonful of ground ginger and a teaspoonful of cinnamon. Set the bowl contain-

ing these ingredients at the side of the range until the contents are blood-warm; then remove from the range and beat with an egg-beater until the batter is light brown in color. Now stir in a cupful of sour milk and three cupfuls of sifted flour. Beat very hard, adding, last of all, a teaspoonful of baking-soda dissolved in hot water. Beat for two minutes longer and bake in deep muffin-tins, or in a shallow baking-pan.

SQUASH BREAD.

One pint sifted squash, one-half cup lard, one-half cup molasses, two-thirds teaspoon soda, salt to taste; flour enough to knead it stiff, rise twenty-four hours; bake in cakes or pans as you would ginger-bread.

MOTHER'S DOUGHNUTS.

Cream a generous half-cupful of butter with two cupfuls of sugar; add three well-beaten eggs, a cupful and a half of milk, and *about* five cupfuls of flour, which has been sifted with three teaspoonfuls of Sea Foam baking-powder. Add this flour gradually until you have enough to make a dough that can be rolled out, as it may not take the full amount. Roll out, cut into rounds, drop into boiling cottolene or other fat and fry to a golden brown. Drain in a colander, and while hot sprinkle with powdered sugar.

CRULLERS.

Rub together four tablespoonfuls of butter and a generous cupful of powdered sugar; add to the cream thus made half a teaspoonful of powdered cinnamon and beat it in thoroughly. Now add four well-beaten eggs, and whip long and hard. Last of all, sift in very gradually enough flour to make a stiff dough. Roll this out and, with a fancy cake-cutter, cut it into small ornamental shapes. The bits of dough left over may be gathered up, put together and rolled out again, then cut into strips and small squares. After the crullers are cooked and drained free of fat, spread them upon a platter and sprinkle with powdered sugar and cinnamon in the proportion of a teaspoonful of the spice to half a cupful of sugar.

GEM FRIED CAKES.

One cupful of sweet milk, one and a half cupfuls of sugar, two eggs, three small tablespoonfuls of melted butter, three teaspoonfuls

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of Sea Foam baking-powder. Flour sufficient to roll out conveniently. Roll out the same thickness as for cookies, and cut out the same. Two circles of the dough are required for a cake; put a teaspoonful of jam or jelly in the centre of one, and lay the other over it, pressing the edges together; then fry in hot lard or clarified drippings (beef), and be sure that they are cooked through.

BLUEBERRY CAKE.

Beat together one egg and a half cupful of sugar. Add one tablespoonful of butter, melted, one cupful of milk, two cupfuls and a half of sifted flour, one-third of a teaspoonful of salt and two teaspoonfuls of baking-powder. Stir in one pint of picked berries, pour into two shallow greased pans and bake in a hot oven about thirty-five minutes.

STRAWBERRY SHORT-CAKE.

Into one quart of sifted flour rub thoroughly three teaspoonfuls of Sea Foam baking-powder, half a teaspoonful of salt and two tablespoonfuls of butter; add sweet milk to make rather a stiff batter (or make and roll like biscuit dough, which will require a little more butter). Bake in two buttered pie-tins (if only one cake is desired use half the quantity of each ingredient mentioned in the recipe). When done, slit with a sharp knife, butter both halves; cover the lower half with a generous layer of perfectly ripe, fresh strawberries, which should be plentifully sweetened and allowed to stand at least ten minutes before using. I consider it a decided improvement to crush the berries enough to allow the juices to escape, that they may mingle with the sugar; place the other half of the short-cake on top of this, in an inverted position, crust down—cover with berries, adding a generous sprinkling of sugar at the last. Send around a pitcher of sweetened cream with the short-cake.

HUCKLEBERRY SHORT-CAKE.

Sift two heaping teaspoonfuls of Sea Foam baking-powder and one of salt into a quart and a pint of flour. Chop into this two tablespoonfuls of cottolene or other fat and two of butter. Beat two eggs light and add them to a pint of sweet milk. Make a hole in the flour, pour in the milk and egg, and mix with a wooden spoon. Turn out upon a pastry board and roll into two sheets, about a third of an inch in thickness. Line a greased biscuit-pan with one sheet, cover it

three-quarters of an inch thick with huckleberries, strew these with granulated sugar, fit the upper sheet of dough on the pan and bake in a steady oven until done. Cut into squares and send to table. Split, and eat with butter and sugar.

POTATO CAKE.

Two cupfuls of white sugar, one cupful of butter, four eggs, one-half cupful of milk, one cupful of potatoes, one teaspoonful, each, of cinnamon and cloves, one-half cup of chocolate, two cups of flour, two teaspoonfuls of Sea Foam baking-powder, one cup of almonds. Blanch and chop almonds; grate cold boiled potatoes; beat eggs separately, adding whites last. Bake in a shallow pan in a moderate oven, and cover with caramel frosting.

JELLY PANCAKES.

Make a batter of five beaten eggs, two tablespoonfuls of melted butter, three cupfuls of milk, and *about* a quart of prepared flour. Mix well and fry in a large frying-pan in which a little butter has been melted. The batter should cover the entire bottom of the pan. When brown on one side, turn. When done, spread with fruit jelly, and roll up as you would a sheet of music. Sprinkle with powdered sugar, and send at once to the table.

FROSTING AND FILLING FOR CAKE.

WHITE FROSTING.

Take five tablespoonfuls of powdered white sugar and the white of one egg; whip the white of the egg until stiff; then add the sugar gradually; beat very hard. Flavor to suit the taste (or cake prepared) and spread smoothly over the cake with a broad-bladed knife, which dip frequently in cold water. A little strawberry, currant or cranberry juice will color the icing a delicate pink; yellow may be obtained by grating the rind of an orange or lemon, mixing it with two tablespoonfuls of the juice, straining through a cloth and adding to the icing.

FRENCH ICING.

Put three cupfuls of powdered sugar and one cupful of water on the stove in a saucepan; let boil ten minutes without stirring, taking care that it does not burn; have ready a bowl of ice water, into which drop a little of the syrup; if it sinks immediately, remove it, and if you can work it into a soft ball not at all brittle, the syrup has boiled enough; take it from the fire, let it stand until partially cooled, then beat it hard for fifteen minutes or until it is very white; pour it over the cake while still warm (the icing), and spread and smooth it with a knife, which hold in hot water until heated. If the icing becomes too stiff, set the bowl containing it in hot water and melt it as often as is necessary. If the syrup, when tested, shows any sign of brittleness, add a little more water and boil again.

CHOCOLATE FROSTING FOR LAYER CAKE.

Put into a porcelain-lined saucepan a cupful of granulated sugar and a third of a cupful of hot water and boil without stirring until it threads, then pour slowly upon the beaten white of an egg to which has been added a pinch of cream of tartar. Beat steadily, adding, as you do so, two heaping tablespoonfuls of grated chocolate, two tablespoonfuls of cream, a half teaspoonful of butter and a teaspoonful of vanilla.

SOFT WHITE FILLING FOR LAYER CAKE.

Make a syrup of a cupful of granulated sugar and a third of a cupful of water and simmer over the fire until it threads. Beat the

whites of two eggs stiff, add a generous pinch of cream of tartar, and beat steadily while you pour in the hot syrup. Do not cease beating until it is like a thick white paste; then flavor with vanilla or lemon and spread at once on the layer cakes.

CARAMEL FILLING.

Put together over the fire three-quarters of a cupful of cream, half a cupful of sugar and a tablespoonful of butter. Cook until it spins a thread, add to it four tablespoonfuls of burnt sugar, or caramel, and a teaspoonful of vanilla. When it is cool, use for the filling and frosting of cake.

ALMOND FILLING.

Beat three cupfuls of powdered sugar into the whites of three eggs. Blanch one pound of sweet almonds. Pound in a mortar until they make an even paste, with a little sugar. Then add to the whites of the eggs, and flavor with a little vanilla. Stir thoroughly.

CUSTARDS AND CREAMS.

“Simple diet is the best,
For many dishes bring many Diseases.”

In heating milks for custards the saucepan should stand in another saucepan or kettle containing hot water; if one has a set of the patent boilers, so much the better. The milk should come to the boiling point and be kept there long enough to set the custard.

The rule for both boiled and baked custards is five eggs to a quart of milk, and a tablespoonful of sugar for each egg; cream and custards that are to be frozen require more sugar than those that are not frozen. When mixing eggs and hot milk, stir a small quantity in slowly, at first, so that the eggs may not curdle.

A very moderate degree of heat must be employed for all sauces, creams and custards made of the yolks of eggs. Do not set the vessel containing the custard into the water until the latter is at the boiling point, and remove the instant the custard is nicely set.

CHOCOLATE BAVARIAN CREAM.

For one large mold of cream use half a package of gelatine, one gill of milk, two quarts of whipped cream, one gill of sugar and two and a half ounces of chocolate.

Soak the gelatine in cold water for two hours. Whip and drain the cream, scrape the chocolate, and put the milk on to boil. Put the chocolate, two tablespoonfuls of sugar, and one of hot water in a small saucepan, and stir on a hot fire until smooth and glossy. Stir this into the hot milk. Now add the soaked gelatine and the remainder of the sugar. Strain this mixture into a basin that will hold two quarts or more. Place the basin in a pan of ice water, and stir until cold, when it will begin to thicken. Instantly begin to stir in the whipped cream, adding half the amount at first. When all the cream has been added, dip the mold in cold water and turn the cream into it. Place in the ice chest for an hour or more.

At serving-time dip the mold in tepid water. See that the cream will come from the sides of the mold, and turn out on a flat dish. Serve with whipped cream.

FRUIT BAVARIAN CREAM.

Put the fruit, whether canned or fresh, through the fruit press, as this separates the juice and seeds without straining. In using canned

or preserved fruits, be careful as to the proportion of sugar, for if the fruit be rich enough no additional sweetness will be required.

Two cupfuls of fruit juice, half cupful of cold water, half box of gelatine, one pint of cream, one tablespoonful of sherry or one teaspoonful of lemon juice mixed with one tablespoonful of orange juice, sweeten to taste.

Cover the gelatine with cold water and let it soak for a half hour; dissolve over hot water. Add the gelatine, sugar and flavoring to the fruit juice, and stir until it begins to thicken. Add the cream, whipped to a stiff froth, and mix thoroughly, but without beating. Turn into a mold previously wet with cold water, and put away to harden before serving.

If the fruit juice be added to the cream before it has begun to thicken it is almost impossible to keep it from settling. Strawberries, raspberries, pineapples, peaches, apricots and oranges are the fruits generally used.

BOILED CUP CUSTARDS.

Heat a quart of milk in a double boiler, but do not bring it quite to the boil. Beat five eggs light and stir into them half a cupful of sugar. On this mixture pour the scalding milk very gradually, beating steadily all the time. Return to the double boiler and cook, stirring constantly, until the custard is thick enough to coat the spoon. If boiled longer than this it will curdle and separate. Remove the custard from the fire, season with two teaspoonfuls of vanilla and set aside to cool. When cold, nearly fill glasses or cups with the mixture and heap with a meringue made by whipping the whites of two eggs stiff with two tablespoonfuls of sugar.

BOILED CUSTARD.

One quart of milk, five eggs, half a teacupful of sugar, and flavoring to taste. Put the milk in a pail or can and set it in another of boiling water; stir the sugar into the milk and when at boiling point add slowly the well-beaten eggs and flavor it; when well set, pour into a dish to cool, and from which it will be served. When eggs are plentiful two may be omitted, and a tablespoonful of corn starch used. A tiny pinch of salt is considered an improvement, by some, to a boiled custard.

BAKED CUSTARD.

One quart of milk, five eggs, half a teacupful of sugar, and flavoring to suit the taste. Stir the sugar and yolks together, adding the flavoring, the milk, and lastly the well-beaten whites. Pour into a warm baking-pan (or small molds for the purpose) and place in a moderately hot oven. When the custard is well set and of a delicate brown on top, remove from the oven. If a very sweet custard is preferred, add sugar to suit the taste.

ORANGE CUSTARD.

For the juice of five oranges, allow three-fourths cup sugar, the yolks of five eggs and a cup of cream; put juice and sugar on to cook in double boiler; when the syrup reaches the boiling point skim carefully, then set aside to cool; beat the cream to a froth; now return the orange syrup and beaten yolks to the fire and heat slowly, stirring until thick; add the whipped cream and pour into cups. Serve very cold.

COFFEE CREAM.

Soak half an ounce of gelatine in cold water sufficient to cover it, for half an hour; then place it over boiling water, add one tablespoonful of coffee extract (or half a teacupful of strong coffee), and half a teacupful of sugar; when the gelatine is dissolved, take from the fire; stir in one and a half cupfuls of sweet cream, whipped, strain into a mold wet with cold water, and place in the refrigerator or a cold place until ready to serve.

GINGER CREAM.

Half ounce of gelatine, half pint of cream, half pint of custard, two ounces sugar, four ounces preserved ginger, three-fourths gill of cold milk.

Soak the gelatine in the milk for about fifteen minutes, and then dissolve over the fire. Whip the cream, add the custard, the sugar and the ginger cut into slices. Stir in a tablespoonful of the ginger syrup, then add the dissolved gelatine. Stir occasionally until beginning to set and pour into a mold rinsed with cold water. When firm, turn out and serve.

FRUITED WHIPPED CREAM.

Whip a pint of cream stiff, sweeten abundantly and stir into it lightly a cup of whole strawberries, a banana peeled, and cut into dice, an orange, treated in the same way, and a cup of finely-minced pineapple. Serve very cold. As the fruits are acid, the cream should be very sweet.

WHIPPED CREAM.

Put one pint of rich cream on the ice for an hour, or until thoroughly chilled; then whip, skimming off the stiff froth as it rises, and laying on a sieve to drain, and returning the cream which drips away to be whipped over again. Add to the whipped cream one cupful of sugar, and any flavoring preferred. Set on the ice half an hour before serving.

CHOCOLATE CREAM.

Scrape fine half a pound of chocolate and add milk enough to dissolve it; cook for ten minutes; remove from the stove and allow to cool; then add a pint of cream, and sugar to taste. Beat the yolks of eight eggs, and the white of one; add to the chocolate cream; strain, and pour into little china cream pots or cups and set them into a shallow dish or pan of hot water until the mixture sets; then put in a cool place until required to serve. This quantity will fill twelve or more cups.

CHARLOTTE RUSSE.

One pint of sweet cream, one gill of milk, one-third of a box of gelatine, whites of two eggs, and half a teacupful of sugar. Have uniform-sized pieces of cake or lady fingers and line the mold or dish intended for use. Whip the cream; then add the sugar and the stiffly beaten whites of eggs, stirring lightly. The gelatine should be soaked in half of the milk, heated; then add the remainder of milk and when just warm add to the cream. Stir the custard lightly while pouring it over the cake.

STRAWBERRY CREAM.

Remove the stems of a quart of ripe, fresh strawberries; crush them slightly and cover them with a teacupful of powdered sugar. Let them stand three or four hours; then rub through a fine sieve. Stir together a pint of milk and a pint of cream, or use all cream. Sweeten slightly and warm. Stir in a strawberry pulp; then whisk

the mixture, fill small china or glass cups, and serve them on a napkin if the cups do not fit into the dish. Raspberries or other fruit may be treated the same way. When the fruit is not quite ripe, it should be stewed before mixing with the cream.

ORANGE CREAM.

Soak half an ounce of cream in cold water sufficient to cover it, for half an hour, then place it over boiling water; when the gelatine is dissolved, take from the fire; stir in half a teacupful of orange juice and grated rind of one orange (the grated rind should soak in the juice while the gelatine is dissolving); the beaten yolks of two eggs and three-fourths of a cupful of sugar; then add one and a half cupfuls of sweet cream, whipped; strain into a mold wet with cold water, and place in the refrigerator or a cold place until ready to serve.

GELATINE AND CORN STARCH CREAM.

Half an ounce of gelatine, half an ounce of corn starch, one egg, a few drops of vanilla extract, one and one-half pints of milk, one-fourth pint of cream, two ounces of loaf sugar.

Soak the gelatine in sufficient milk to cover it for about fifteen minutes. Mix the corn starch smoothly with a little of the cold milk and place with the remaining milk in a stew-pan, and boil for eight minutes. Then add the whisked egg, sugar and soaked gelatine and stir until it thickens. Strain into a basin, add the cream, well beaten, and vanilla, and stir occasionally until cool. Pour into a mold previously rinsed in cold water. Set aside until firm, turn out and serve.

BANANA CREAM.

Half an ounce of gelatine, three bananas, three-fourths pint of milk, three ounces of loaf sugar, half pint of whipped cream, juice of one lemon.

Skin the bananas and rub them through a wire sieve. Put the gelatine to soak in a little milk for about fifteen minutes, and dissolve gently over the fire with the remaining milk, sugar, banana pulp and lemon juice. Allow to cool a little, and stir in the whipped cream. As soon as it begins to set, pour the mixture into a mold previously rinsed in cold water. Unmold in the usual manner, as described in the foregoing recipes, and serve. A dessertspoonful of brandy improves this recipe.

PLUM BAVARIAN CREAM.

Soak half a box of gelatine in half a pint of cold water. Press through a sieve one pint of canned or freshly stewed and sweetened plums. Stir the gelatine over boiling water until dissolved; stir the plums into this and mix well; pour into a bowl set in ice, and stir constantly until it begins to thicken; then add one pint of whipped cream; stir lightly until well mixed. Turn into a mold and stand in a cool place to harden. Serve with whipped cream.

PINEAPPLE SNOW.

Soak a half-box of gelatine in a scant cupful of cold water for an hour. Peel a small pineapple, and grate it; then cover with a cup of sugar, and let it stand for an hour before stirring the soaked gelatine into it. Turn all into a saucepan set within a pan of boiling water, and stir until the gelatine and sugar are dissolved. Remove from the fire and let it cool, but not stiffen. Whip a pint of cream very stiff. Stand the saucepan containing the gelatine and pineapple in a deep bowl of cracked ice and, as the mixture stiffens, beat into it, by the spoonful, the whipped cream. Beat steadily until all the cream is in, and the jelly is stiff and white. Turn into a glass bowl, and set in the ice for some hours. Serve with rich cream.

VELVET CREAM.

Take a teacupful of white wine, the juice of a lemon, half an ounce of gelatine, and sugar to taste. Let them simmer together until the gelatine is dissolved; strain the mixture; add one pint of cream, and stir the whole until quite cold. Pour into a mold and let it stand until set.

PEACH CREAM.

Half an ounce of gelatine, half pint of peach puree, half pint of cream, four ounces of sugar, half the juice of a lemon, three-fourths gill of cold milk.

Put the gelatine to soak in the milk with the sugar, then dissolve it gently over the fire. Whip the cream; rub sufficient peaches through a hair sieve to obtain half a pint of pulp; add this to the cream and lemon juice. Then strain in the dissolved gelatine. Stir occasionally until cold and set in a mold. When firm, turn out and serve.

RASPBERRY AND CURRANT CREAM.

Mash one quart of black raspberries and one pint of red currants with two and a half cupfuls of sugar. Let them stand several hours, strain off the juice and turn into the freezer. When partly frozen, add one cupful of sweet cream, sweetened, flavored and whipped.

FLOATING ISLAND.

Put a pint of milk on the stove in your double boiler, or set the saucepan containing the milk in a kettle of boiling water. Beat the whites of four eggs as stiff as possible, adding a little powdered sugar and any flavoring preferred; take up the beaten whites by spoonfuls (making them as smooth as possible) and put them into the boiling milk; let them stand a moment and then turn them over; two minutes will cook them sufficiently; remove with a perforated skimmer and lay them on a plate to drain. Beat the yolks of the eggs with four tablespoonfuls of sugar; add them to the hot milk; stir until a smooth custard, but do not allow to whey; remove from the fire; add flavoring and pour into the dish from which it is to be served. Lay the poached whites on the top of the custard and set in a cool place or on ice.

VANILLA CREAM.

Half ounce of gelatine, half pint of custard, two ounces of sugar, half pint of cream, one teaspoonful of vanilla extract, three-fourths gill of cold milk.

Soak the gelatine in the milk for about fifteen minutes, dissolve gently over the fire. Whip the cream, add the custard and sugar, and strain in the dissolved gelatine, flavor with vanilla extract. Stir occasionally until beginning to set, then pour into a jelly mold. Allow to set until firm in a cool place or on ice. Turn out on a dish and serve. This mold would be improved if masked with a thin layer of jelly and decorated with glace cherries and angelica.

BURNT ALMOND CHARLOTTE.

One cupful of sweet almonds, blanched and chopped fine, half a box of gelatine soaked two hours in half a cupful of cold water; when the gelatine is sufficiently soaked, put three tablespoonfuls of sugar into a saucepan over the fire and stir until it becomes liquid and looks dark; then add the chopped almonds to it, and stir two minutes more; turn it out on a platter and set aside to get cool.

After they become cool enough, break them up in a mortar, put them in a cup and a half of milk, and cook again for ten minutes. Now beat together the yolks of two eggs with a cupful of sugar, and add to the cooking mixture; add also the gelatine; stir until smooth and well dissolved; take from the fire and set in a basin of ice water and beat it until it begins to thicken; then add to that two quarts of whipped cream, and turn the whole carefully into molds; set away on the ice to become firm.

Sponge cake can be placed around the mold or not, as desired.

BANANA CHARLOTTE.

In a double boiler heat a cupful of cream, to which you have added a pinch of soda. Sweeten slightly, and thicken with a heaping teaspoonful of corn starch dissolved in a gill of cold milk. Keep warm over hot water—stirring occasionally to prevent lumping—while you nearly fill a bowl with alternate layers of sliced bananas and very thin slices of sponge cake—the latter moistened slightly with milk. When the bowl is three-quarters full pour over the contents the thickened cream and set aside to get very cold. Fill the bowl with sweetened whipped cream, heap it high and serve.

COFFEE OR CHOCOLATE JUNKET.

Served with a little whipped cream comes in very nicely for hot days, and both are easily prepared.

If coffee is used, make sufficient very strong coffee to flavor the milk, sweeten to taste, and add a teaspoonful of rennet for each full pint of milk used.

If chocolate is preferred, take best quality chocolate and dissolve it with a little cold water over the fire till you have a thick paste.

Add boiling milk to this, sweeten, and when lukewarm add rennet and put in a cool place.

FRUIT JUNKET.

Fruit junket is one of the best-tasting dishes in the menu during hot weather:

Put one quart of new milk on back part of range, and when it becomes lukewarm pour into a glass dish; sweeten, and flavor delicately with vanilla, stirring slightly. Add one rennet tablet, or three-

quarters of a tablespoonful of liquid rennet. Set aside to cool thoroughly, being careful not to jar it. Just before serving fill sherbet glasses with alternate spoonfuls of junket and sliced and sweetened fruit. Heap whipped cream on top, and put a piece of fruit dusted with sugar in the centre.



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DESSERT.

FROZEN DAINTIES.

"An't please your Honour Quoth the Peasant
This same Dessert is very pleasant."

ICE CREAM.

When ice cream is to be of rather light texture, an uncooked mixture should be used. Should a rich cream be desired, which will melt slowly, it is best to have the bulk of the cream cooked. Liquids always increase somewhat in bulk when frozen; uncooked materials swell more than those which have been cooked. A raw mixture in the process of freezing will increase its bulk almost one-third; a cooked one swells less. On the other hand, the cooked mixture has more body and melts much more slowly.

Ice for freezing should be broken into lumps not larger than a walnut, while the salt crystals should not exceed a pea in size; very coarse salt and imperfectly crushed ice are responsible for many failures in home freezing. With some makes of freezers the ice must be pounded even finer than this.

Measure the ice and salt. To every three measures of ice add one of rock salt and mix thoroughly. Put about three inches at a time in the pail around the can, work down, then give the handle a few twirls. Continue to pack until the ice is within two inches of the top of the freezing can. Carefully lift off the top, pour in the mixture to be frozen; replace lid and top and begin to turn, slowly at first. When resistance shows that the mixture is thickening and freezing, turn more rapidly until it is too stiff to turn longer. Open the can, draw out the dasher. With a long spoon or paddle work the cream solidly down in the can. Lay a sheet of paraffine paper over the top and replace the lid, filling the dasher hole with a cork. Draw off half of the liquid brine, add more ice and salt—the ice in somewhat larger lumps than before. Dip a piece of burlap or old carpet in the brine, cover the freezer and stand in a cold place that the cream may ripen.

PHILADELPHIA ICE CREAM.

Scald one pint of cream in a double boiler. Add a half pint of sugar, stir until dissolved. Take from the fire, add a pint of chilled

cream and set away until cold. Add one tablespoonful of vanilla or any desired flavoring and freeze according to directions.

NEW YORK ICE CREAM.

Scald one pint of milk in a double boiler. Pour in one tablespoonful of flour, dissolved to a paste, stir until slightly thickened, cover and cook thirty minutes. Add three eggs beaten with a half pint of sugar, stir until dissolved and thickened, strain and cool. Add one pint of cream and any desired flavoring and freeze. A half pint of crushed fruit may be added to either of these recipes according to the season.

RASPBERRY ICE CREAM.

Early in the morning scald a pint of milk in a double boiler. Add to it a scant tablespoonful of flour blended smoothly with a little cold milk; stir for a moment; then cover and cook for half an hour. Beat together one cupful and a half of sugar and three eggs; add this to the cooked milk and stir until thick as custard, then strain and cool. Rub one pint of raspberries through a fine sieve, add a tablespoonful of lemon juice and two tablespoonfuls of sugar and let stand for an hour. To the cold custard add one pint of rich cream, put in the freezer and give a few turns. When icy cold add the fruit and freeze until firm; then repack and stand away for two hours to ripen. With this serve angel or sponge cake, or if preferred, small fancy cakes.

PISTACHIO ICE CREAM.

Blanch a quarter of a pound of pistachio nuts by pouring boiling water over them, letting them stand in this for ten minutes and slipping off the skins. Grind to a powder or pound to a paste, adding a few drops of cream in the latter case. Have ready a custard as for vanilla ice cream, made of six eggs, a quart of milk and a pound of sugar, and after this is cooked to a custard, and cold, add a quart of rich cream, the pistachio nuts and enough green vegetable paste to make it of the desired shade of green. Turn into the freezer and freeze.

CHOCOLATE ICE CREAM.

The yolks of four eggs, one teacupful of sugar, two teacupfuls of milk, four squares of a cake of chocolate, melted and a tiny portion of hot water poured upon it; stir until smooth. Heat the milk, but

do not allow it to boil; add the beaten yolks and sugar; when cool add a pint of cream, whipped, and freeze. When ready to serve, take the mold and by a quick movement of the hands immerse it in water (hot) for an instant, so the cream will turn out easily.

TUTTI-FRUTTI ICE CREAM.

Break the whites of seven eggs into a chilled bowl, add to them two cupfuls of powdered sugar and a pint of rich cream into which you have stirred a bit of baking-soda the size of a pea. Put over the fire in a double boiler and make it scalding hot, but remove before the boiling point is reached. Now set the inner saucepan in a pan of ice, and churn until cold and light. Turn into the freezer and grind. Peel and cut into small bits three peaches, an apple, an orange, a banana, two dozen cherries (chrystallized, if you cannot get the fresh), and cut into small pieces a half cupful of red raspberries. Mix all these fruits thoroughly together. When the cream is frozen, but not very stiff, carefully wipe off the top of the freezer, remove the cover, and take out the dasher. Turn the mixed fruits into the cream, and with a long-handled spoon stir them in. Press all down hard, replace the cover, and pack the freezer down in ice and salt for three hours longer.

PEACH ICE CREAM.

Use good, rich cream for this ice, and ripe, luscious peaches (six for a quart of cream); remove the skin and stones; mash as smooth as possible, and add to the cream, beating thoroughly when ready to freeze. A little more sugar is required when fruit is added to the cream.

FROZEN CUSTARD.

Two pints milk, same of cream, six eggs, three teacups of sugar, one pint berries or peaches cut up small. Let the milk nearly boil, beat the yolks of the eggs with the sugar and add the milk by degrees. Whip the whites of the eggs to a froth and add to the mixture; put all in a saucepan, stirring until it is a nice, thick custard. When perfectly cold whisk in the cream and freeze. If the custard is allowed to freeze itself, stir in the fruit after the second beating.

DELAWARE MOUSSE.

Boil together for five minutes one cupful of sugar and a half cupful of water. Pare and cut fine enough mellow peaches to make a heaping cupful. Pour over them the hot syrup, add a half cupful of blanched and chopped almonds, cover and set away until cold. Whip a pint of heavy cream to a solid froth and the whites of three eggs until stiff and dry. Mix the two whips with one teaspoonful of vanilla, add the peach mixture, pack in small molds with tightly fitting covers, bind the joints with narrow strips of muslin dipped in melted lard and bury in a mixture of equal parts of finely chopped ice and ice cream salt. Let stand for from two to four hours according to the size of the molds, that they may be well frozen through.

FROZEN BERRIES.

(Strawberries, raspberries or blackberries may be used in season) : One quart berries and juice, one pound of sugar, one quart of water, juice of two lemons; freeze and serve in molds.

A CANTALOUPE DISH.

Take small cantaloupes and cut in half, carefully removing all the seeds. Let one of the guests go to the nearest confectioner's for a quart of ice cream. Fill the hollowed half of the melons with ice cream and lay slices of sweetened peaches on top. If more convenient the melons may be filled with whipped cream into which small pieces of peaches have been stirred. Flavor this cream with bitter almond.

FROZEN PEACHES.

One can, or twelve large peaches, two coffee-cupfuls of sugar, one pint of water, and the whites of three eggs beaten to a stiff froth; break the peaches rather fine and stir all the ingredients together; freeze the whole into form.

Frozen fruits of any kind can be made the same way; the fruit should be mashed to a smooth pulp, but not thinned too much. In freezing, care should be taken to prevent its getting lumpy.

COFFEE ICE CREAM.

Put six ounces of Mocha coffee berries into the oven until nicely browned (until the surface has an oily appearance). Put a quart of

milk on the stove, in which put the browned coffee; when scalding hot, remove from the stove and set away to cool; leaving the coffee in the milk until cold; strain, and return to the fire in a custard boiler; add the yolks of three eggs and sugar to taste; stir until a smooth custard, but do not allow to curdle, remove from the fire, add the beaten whites of the eggs, and when cold, a pint of thick, sweet cream that has been sweetened and whipped. Freeze and mold.

BURNT ALMOND ICE CREAM.

Beat the yolks of four eggs light, add to them a cupful of sugar and a pint of hot milk. Put over the fire in a double boiler, cook until the mixture thickens like a custard, take from the fire, whip in the whites of the eggs, beaten stiff, and when the mixture is cold stir in lightly half a pint of sweet cream, whipped stiff, a cupful of almonds, which have been shelled, blanched, chopped fine, browned in two teaspoonfuls of caramel sugar, and pounded to a coarse powder. Flavor with a teaspoonful of vanilla and half a teaspoonful of almond extract. Freeze as you would other ice cream.

BANANA ICE CREAM.

Remove the peel from eight ripe bananas; mash them into a pulp; then beat them thoroughly with one quart of cream. Sweeten and freeze the same as ordinary cream. The bananas may be grated or chopped fine.

STRAWBERRY ICE CREAM.

Make a custard of a quart of milk, four eggs, and sugar to taste; add a pint of whipped cream; mash a pint of strawberries and strain the juice; add to the cream with more sugar, if needed, when ready to freeze. A few whole berries added just before freezing make a pretty effect.

STRAWBERRY SURPRISE.

Mash two quarts of strawberries to a pulp, add to them a pint of sugar, a pint of water, the juice of two lemons and the unbeaten whites of six eggs. Turn into the freezer and freeze. The turning of the dasher will beat all to a foamy and delicious "surprise."

WHIPPED CREAM FROZEN.

Set the cream on the ice until very cold; then flavor and sweeten, using a third more sugar than if it were not to be frozen. Whip, and freeze the foam.

FRUIT MERINGUE GLACE.

This is one of the simplest and most delicious of desserts and may be made of any kind of fruit that is at hand. It is especially good when made of strawberries, red raspberries, or ripe peaches.

Crush a quart of fruit to a pulp and cover it with a pint of granulated sugar. Pour on this a half pint of cold water and the unbeaten whites of five eggs. Mix and turn into the freezer. The grinding process will whip the contents into frozen foam, light yet firm.

FROZEN MACEDONIA.

One cupful of canned or preserved pears, one cupful of canned or preserved plums, one cupful of canned or preserved cherries, one cupful of canned or preserved pineapple.

Drain the juice from the cherries; put the other fruits through the fruit press, and add the cherry juice. Sweeten to taste. If all preserved fruits are used no more sugar will be needed, but add one-fourth of a cup of cold water with two teaspoonfuls of lemon juice. The addition of the water and lemon juice are needed to balance the extreme sweetness of the preserved fruits, so sugar, water and lemon juice must be added to taste in accordance with the fruits used.

Freeze the juice or pulp, and when nearly frozen beat in the cherries. Pack and let stand at least an hour, longer would be better, before serving.

CHOCOLATE PUDDING.—FROZEN.

Beat the yolks of three eggs, half a cup of sugar and a level salt-spoon of cinnamon together until very light; add slowly a cup of milk heated to boiling, beating well; then pour gradually over an ounce and a half of unsweetened chocolate melted by standing over hot water. Place this mixture in a double boiler, and stir constantly until it thickens and coats the spoon. When cold, add a cup of rich cream, vanilla to flavor, and freeze. Prepare and have ready a cup

of candied fruits, figs and seeded raisins. Cut the candied fruit and fig in thin slices, the raisins in halves. Make a syrup of a quarter of a cup each of sugar and water, add the fruit, boil until it is tender and plump, then drain. Add the drained fruit to the frozen mixture when it is almost done, and finish freezing. When done, put in a quart melon mold, and let stand an hour or more packed in ice and salt. Whip a cup of cream, sweeten with two tablespoons of sugar, and flavor with either a tablespoon of brandy or of maraschino. Turn out the frozen mixture, and surround with the whipped cream. This pudding is as beautiful as it is choice.

SHERBETS.

SHERBET.

Squeeze all the juice from six lemons and one large orange. Put into this the grated rind of the orange, and of three of the lemons, and let it steep for an hour. Strain in a bag, squeezing this hard; add two cupfuls of granulated sugar and one pint of water. Mix well and put into a freezer. The length of time it will take to freeze depends upon the make of the freezer. Some require more time than others.

LEMON SHERBET, WITH WHITE OF EGG.

Two quarts of boiling water, eight lemons, one egg (white), one quart of sugar. Spread part of the sugar on a shallow plate or board, and after wiping the lemons with a clean, damp cloth, roll them in the sugar to extract the oil. Then cut in halves, remove the seeds, and squeeze out the juice. Boil all the sugar and water until clear. Remove the skum as it rises. Add the lemon juice to the syrup, and pour it gradually into the beaten egg. Then freeze as usual.

ORANGE SHERBET.

One tablespoonful of gelatine, one scant pint of cold water, one cup of sugar, six oranges, or one pint of orange juice, and one-half of a cupful of boiling water. Soak the gelatine in half a cupful of cold water ten minutes. Put the sugar and the remainder of the cold water in a large pitcher. Cut the orange in halves, remove the seeds and squeeze all the juice into the pitcher. Add more sugar if the



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oranges are very sour. Dissolve the gelatine in the boiling water and add it to the mixture. Strain into the can and freeze.

BERRY SHERBET.

Mash one quart of berries, or enough to make one pint of juice; add one pint of sugar, and after the sugar is dissolved, add one pint of water and the juice of one lemon. Press through coarse lace, or cheesecloth, and freeze.

STRAWBERRY SHERBET.

Take fourteen ounces of picked strawberries, crush them in a mortar, then add to them a quart of water; pour this into a basin, with a lemon sliced, and a teaspoonful of orange-flower water; let it remain for two or three hours.

Put eighteen ounces of sugar into another basin, cover it with a cloth, through which pour the strawberry juice.

PINEAPPLE SHERBET.

Remove the eyes from a large pineapple, then grate or chop very fine. Add one pound of sugar and pound well with a wooden beetle. Add the juice of two lemons and one orange and one quart of water and let stand for two hours. Strain and freeze to a mush. Stir in a meringue made by whipping the whites of three eggs and three table-spoonfuls of powdered sugar to a glossy, stiff froth. Finish the freezing, then repack and let stand for two hours to ripen.

MIXED ICES, OR MACEDOINES.

One cup currant and one cup raspberry juice; or one cup orange, one cup pineapple and one-half cup lemon; or one cup grape and one cup plum; or one cup strawberry, one cup sherry, and one cup currant.

Use as much water as fruit juice, and sugar to make the mixture quite sweet. Freeze as usual.

CAFE FRAPPE.

Make some strong clear coffee, using any kind of a drip coffee pot. Set aside and when cold add to each quart one quart of cream and

make very sweet with a string sugar syrup. Just before serving stir in one scant tablespoonful of vanilla and one cupful of cream, whipped to a solid froth. Place a large lump of ice in the punch bowl, pour in the prepared liquid and serve in glasses. This mixture may also be frozen to a mush and served in tall glasses.

ICED BOULLION.

Wipe and chop fine five pounds of lean beef (no bone). Add five quarts of cold water, let stand in icebox for an hour; then heat slowly, skim and simmer four hours. Add four onions and two carrots cut fine, a bunch of soup greens, four cloves, a blade of mace, a dozen peppercorns and two scant teaspoonfuls of salt. Simmer an hour longer, strain and cool. When chilled remove all grease and pour off the clear liquid; if cloudy it must be clarified. Add more salt if needed, slightly deepen the color with caramel. Serve icy cold, adding one tablespoonful of sherry to each pint.

CANTALOUPE ICE.

Take three pints of spicy cantaloupe pulp, add a pound of sugar and the juice of two lemons; put through a potato ricer or sieve, and freeze to a granular texture.

WATER ICES.

LEMON WATER ICE.

Required: One pound of loaf sugar, one quart of water, three or four lemons, the whites of four eggs.

Wipe the lemons, then rub some of the lumps of sugar on them till they are tinted a deep yellow. Put the water and all the sugar into a pan on the fire and boil until the syrup is thick enough to form a thread between the thumb and finger. Then let it get cold, and add to it half a pint of lemon juice. Pour this mixture into the freezing pot and half freeze it, then add the stiffly-whisked whites of the eggs.

Mix them in thoroughly, then continue to freeze the mixture until it is all evenly frozen, scraping all frozen particles frequently from the sides of the freezer (if this is not done the ice will not be smooth).

Serve in either cases hollowed out of ice or on small glass plates.

RASPBERRY WATER ICE.

Pass one and a half pounds of sound, ripe raspberries through a fine hair sieve into a basin. Then add one and a half pints of syrup made according to the directions given below. Add the juice of two lemons and freeze the mixture until it is quite hard. For the syrup put three pounds of loaf sugar into a stew-pan with a quart of cold water, and stir occasionally until it is melted. Then place the stew-pan on the stove and let the syrup gradually reach boiling point, and continue to boil for about ten minutes. The scum should be removed as it rises, and when ready it should be strained and left until cold. This syrup, if kept well corked, will remain good for some time, and it may be employed to sweeten both cream and water ices. But when mixed with fresh fruit it must be added with discretion, and some kinds will need more than others.

CURRANT PUNCH.

This delightfully refreshing beverage requires three pints of ripe currants, one pint red raspberries, juice of two lemons, juice of two oranges, three quarts of water and sugar syrup to sweeten to taste. Crush the currants and raspberries, add the lemon and orange juice and the water. Let stand.

FRUIT PUNCH.

Boil two pounds of sugar and two quarts of water for five minutes. Strain, add to it the juice of two lemons and one pint of freshly-grated pineapple. Let stand for three hours, then strain. Add sufficient shaved ice to make it palatable, one pint of finely-chopped pineapple, a cupful of halved strawberries and (if desired) a few whole raspberries.

MUSCAT WATER ICE.

This ice, though named muscat, does not contain a drop of grape juice. Mix together the juice of four lemons, grated rind of one and a pint of granulated sugar and let stand one hour; soak a tablespoonful of granulated gelatine in three tablespoonfuls of cold water, and when soft dissolve in a pint of boiling water. Add this to the lemon and sugar mixture, stir until dissolved, color a very delicate green and strain. When cold, add a half cupful of sherry and freeze, serving it in punch glasses.

SYRUP FOR WATER ICES.

Put two pounds of loaf sugar into a saucepan with a quart of water; boil until a quart of the syrup may be drawn into threads between the thumb and finger—usually about twenty minutes; clarify with the whites of two eggs, beaten. This syrup may be bottled and kept for use.

PINEAPPLE WATER ICE.

One-half pound of fresh pineapple, the juice of one lemon, half a pint of water, and one pint of clarified syrup. Chop the pineapple as fine as possible; add the lemon juice, sugar and water. Strain and freeze.

GRAPE WATER ICE.

Take the juice of four lemons, the grated peel of an orange, half a pint of water, one pint of clarified syrup, two glassfuls of grape syrup, and one of sherry. Stir the ingredients well together, strain and freeze.

GINGER WATER ICE.

Six ounces of preserved ginger, and one quart of lemon water ice, when ready to freeze.

CHERRY WATER ICE.

One pound of cherries, stoned and mashed, the juice of two lemons, half a pint of water, and a pint of clarified syrup. Strain the other ingredients before adding the syrup. Stir thoroughly and freeze.

CANDIES.

CREAM CANDY.

Three cupfuls of sugar, one and a half of water, half a teaspoonful of cream of tartar, and butter the size of a small walnut. Flavor with vanilla. Do not stir while it is boiling; when it will drop to the bottom of a dish of cold water, and is not brittle it has cooked enough; if brittle it will have to be returned to the stove and a little more water added. Stir briskly while cooling; then make into balls or any shape preferred; the meats from any kinds of nuts may be chopped and stirred into the candy while warm; press it into little paper cases, well buttered; when cold take it from the cases and cut into the desired shape; or, dip the meats whole, into the candy, when just warm to coat them nicely, and put on buttered paper to drain.

MOLASSES CANDY.

One quart of molasses, half a cupful of vinegar, one cupful of sugar, two tablespoonfuls of butter, one teaspoonful of soda. Dissolve the sugar in the vinegar, mix with the molasses, and boil, stirring frequently, until it hardens, when a little to test it is dropped into cold water; then stir in the butter and soda (dissolved in a little hot water); give one hard final stir and pour on buttered dishes. Work with buttered hands and pull in long sticks; put on dishes; when cold it may be easily cut.

MOLASSES TAFFY.

Boil a pint of molasses for twenty minutes, then stir in two saltspoonfuls of baking-soda and boil for fifteen minutes more, or until a little dropped into cold water is brittle. You must stir the taffy constantly while boiling, or it will scorch. When it is done add a teaspoonful of vinegar and pour into buttered pans, or pull to a light brown.

SUGAR CANDY.

Wet two heaping cupfuls of granulated sugar with a half pint of cold water and put over the fire in a porcelain-lined saucepan. When the sugar is dissolved, stir in a bit of cream of tartar (as large as a Lima bean) dissolved in a spoonful of cold water. Boil

the candy until a bit hardens when dropped into cold water; remove from the fire, stir in a teaspoonful of vanilla, turn into greased pans, mark into squares and set aside to harden. Or, as the candy cools, pull it with buttered finger-tips into long white ropes. Let it get very cold and brittle before eating.

CHOCOLATE FUDGE.

Melt one-quarter cup of butter. Mix together in a separate dish one cup of white sugar, one cup of brown sugar, one-quarter cup of molasses and one-half cup of cream. Add this to the butter, and after it has been brought to a boil continue boiling for two and one-half minutes, stirring rapidly. Then add two squares of chocolate scraped fine. Boil this five minutes, stirring it first rapidly, and then more slowly towards the end. After it has been taken from the fire, add one and one-half teaspoonfuls of vanilla. Then stir constantly until the mass thickens. Pour into buttered pan and set in a cool place.

CHOCOLATE FUDGE WITH FRUIT.

Two cups of sugar, one-half cup of milk, one-half cup of molasses, one-half cup of butter; mix all together and boil seven minutes; add one-half cup of chocolate and boil seven minutes longer. Then add two tablespoonfuls of figs, two tablespoonfuls of raisins, one-half cup of English walnuts and one teaspoonful of vanilla.

WELLESLEY MARSHMALLOW FUDGE.

Heat two cups of granulated sugar and one cup of rich milk (cream is better). Add two squares of chocolate, and boil until it hardens in cold water. Just before it is done add a small piece of butter, then begin to stir in marshmallows, crushing and beating them with a spoon. Continue to stir in marshmallows, after the fudge has been taken from the fire, until half a pound has been stirred into the fudge. Cool in sheets three-quarters of an inch thick, and cut in cubes.

MARSHMALLOWS.

Soak four ounces of pulverized gum arabic in a teacupful of cold water for two hours. Put into a double boiler with cold water in the outer vessel and bring gradually to the scalding point. When

the gum is dissolved, strain through coarse muslin, return to the double boiler with a heaping cupful of powdered sugar, and stir steadily until the mixture is white and stiff. Remove from the fire, beat very hard for a minute and flavor with vanilla; beat a minute longer, and pour into tins, the insides of which have been rubbed with corn starch. When the paste is cool cut it into squares of uniform size and turn each of these over and over in a mixture made of three parts corn starch and one part powdered sugar. Keep packed in a tin box until wanted, as they soon dry if exposed to the air.

CREAMED ENGLISH WALNUTS.

For this use the large English walnuts, cracking them carefully so as not to break the kernels. Remove each half in one piece and free it from all bits of shell.

Heat over boiling water half a pound of fondant like that for which directions have been given in the recipe for chocolate creams. Flavor it with a teaspoonful of vanilla extract, stir it until it becomes creamy and dip into it with a pair of small sugar tongs the half of the walnut. Lift it out carefully and lay it on waxed paper until it is dry.

CHOCOLATE CREAMS.

Beat the white of an egg light with a teaspoonful of sugar, add a teaspoonful of vanilla and enough confectioner's sugar to make a mixture stiff enough to be rolled into balls. Beat very smooth, then form into balls the size of a small marble, and spread in a pan to get stiff and firm. Cover with a chocolate coating.

PEANUT CANDY.

Boil together two and one-half cupfuls of sugar and a gill of water, without stirring, until a little, when dropped into cold water, can be worked into a soft ball. Now add a tablespoonful of butter and boil until the candy hardens when dropped into cold water. Stir in a cupful of shelled, roasted and skinned peanuts, turn the mixture into a buttered pan and cut into squares.

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MAKING GOOD COFFEE.

There are various ways suggested by those who know and those who do not know. The only perfect way to make coffee, in our belief, is to use the Universal Coffee Percolator.

The proportions are one heaping tablespoonful of coffee to one cup of boiling water, whether drip or boiled coffee is to be made; but something does depend upon the number of people. One-half cupful of ground coffee and one quart of water will make coffee for five people, but for one person one tablespoonful of coffee and one cupful of water will not suffice, for the old idea of allowing so much for the pot has reason in its being.

The secret of good coffee lies in having the best ingredients and in the proper making. By the best ingredients are meant those delightful coffees grown on well-watered mountain slopes, such as the famous Java and Mocha coffees, the Mocha and Java mixed half and half.

Good coffee should never be boiled. Bear this in mind. The good Creole cook never boils coffee, but insists on dripping it in a covered strainer, slowly, slowly, drip, drip, drip, till all the flavor is extracted. The water must be freshly boiled, and must never be poured upon the grounds until it has reached the boiling point.

It is of the greatest importance that the coffee pot be kept perfectly clean. This point is only too often overlooked, and yet the coffee pot requires more than ordinary care, for the reason that the chemical action of the coffee upon the tin or agate tends to create a substance which collects and clings to every crevice and seam, and, naturally, in the course of time will affect the flavor of the coffee. Very often the fact that the coffee tastes bitter or muddy arises from this.

BOILED COFFEE.

Scald out the coffee pot, and see that it is thoroughly heated. Grind the coffee, put it in the coffee pot, add the water, boiling, cover the spout and let the water come to the boiling point. Stir in an egg-shell, crushed, and mixed with one tablespoonful of cold water. Let the coffee boil one minute. Let it stand where it will keep hot, but not boil, for ten minutes, and serve.

TEA.

A LESSON IN TEA.

1. Tea is the only beverage of which the purity and quality is protected by the United States government. The law passed by Congress in 1897, forbids the importation of adulterated, impure and spurious tea.

2. Tea is the most economical beverage in the world. There are from 300 to 350 cups of tea to the pound, therefore at 50 cents per pound, five cups of this "tongue running, heart opening, wink tippling cordial" can be had at a cost of one cent. It is unwise to buy low grades of tea, when at \$1 per pound the cost of two cups is under one cent.

3. To prepare tea perfectly, observe the following rules:

1. Take one teaspoonful of tea for every cup of water, individual taste must decide whether even or heaping.

2. Water must be fresh and boiling thoroughly at the time of pouring on the leaves, which should be in a warm earthenware teapot.

3. The water must remain on the leaves five minutes, never more or less, then strained into another heated vessel to be served when desired.

This guarantees the most refreshing and harmless beverage known to civilization.

COLD TEA.

Strain the liquid from the leaves within a few minutes after it is poured on. Set away until cold. Half fill glasses with cracked ice; add a slice of peeled lemon, a squeeze of lemon juice (if desired) and granulated sugar to taste.

TEA ON TRAIN.

Put into a little cheesecloth bag or square a half-teaspoonful of tea. Make as many of these drawings as you expect to use on your

trip. When ready for a refreshing cup of tea ask the porter to bring you a pot of hot water, drop your tea bag into the bottom of your cup and pour the hot water over. Let it infuse three or four minutes, remove the bag and drink. After using these little bags throw out, and you have no untidy mess of tea leaves to reckon with. A basket of fruit that is not easily perishable, a little tin box of preserved ginger, a glass of jam if you will, and with occasional supplementing of bread or fruit at places where you make long stops, you can achieve even a long journey comfortably and economically.

CHOCOLATE.

Heat two cupfuls of milk and the same of water. Rub six tablespoonfuls of chocolate to a thin, smooth paste with cold water; pour the water gradually upon it; put into a saucepan and bring it quickly to a boil. Cook thus five minutes, pour in the milk and boil ten minutes longer. Sweeten to the taste of each drinker, and lay a tablespoonful of whipped cream upon the top.

CHOCOLATE, VIENNA STYLE.

Use four ounces of vanilla chocolate, one quart of milk, three tablespoonfuls of hot water, and one tablespoonful of sugar.

Cut the chocolate in fine bits. Put the milk on the stove in the double boiler, and when it has been heated to the boiling point, put the chocolate, sugar and water in a small iron or granite-ware pan, and stir over a hot fire until smooth and glossy. Stir this mixture into the hot milk, and beat well with a whisk. Serve at once, putting a tablespoonful of whipped cream in each cup and then filling up with the chocolate.

The plain chocolate may be used instead of the vanilla, but in that case use a teaspoonful of vanilla extract and three generous tablespoonfuls of sugar instead of one.

BREAKFAST COCOA.

For six cups use two tablespoonfuls of powdered cocoa, two tablespoonfuls of sugar, half a pint of boiling water and a pint and a half of milk. Put the milk on the stove in the double boiler. Put the cocoa and sugar in a saucepan, and gradually pour the hot water upon

them, stirring all the time. Place the saucepan on the fire and stir until the contents boil. Let this mixture boil for five minutes; then add the boiling milk, and serve.

A gill of cream is a great addition to this cocoa.

COCOA NIBS.

Put two ounces of cocoa nibs into a quart of boiling water, cook slowly one hour, strain and add a quart of boiling hot milk; take from the fire and serve.

SUMMER BEVERAGES.

During the summer the system demands cold and refreshing drinks, and the housewife who understands this and regularly supplies a variety of really good drinks does much to preserve the health of the family as well as to increase their immediate comfort.

Alcohol is to be shunned like the plague during the heated term. In a large proportion of the cases where men are struck down by the heat, over-indulgence in beer or whiskey and consequent overheating of the blood and congestion affecting the brain is one of the causes.

Here are recipes for several delectable drinks that may be made at home at very small cost, and which serve to allay the thirst and produce no dangerous after-effects.

CHOCOLATE SYRUP

is the basis of a delightful beverage. Put six tablespoonfuls of grated chocolate into a saucepan over the fire, add two cupfuls of boiling water, simmer slowly, stirring occasionally until dissolved. Add four cupfuls of granulated sugar, stir until dissolved, remove the spoon, simmering for seven minutes longer. Now strain, and add two tablespoonfuls vanilla extract, and pour into bottles, which should be hermetically sealed. When ready to serve allow one and a half gills of ice-cold milk and two tablespoonfuls of syrup for every glassful required; put them in a large, cold fruit jar, shake well for three minutes, pour into chilled glasses and drop a teaspoonful of whipped cream on each.

RASPBERRY AND CURRANTADE

is made by heating over the fire one quart of currants and one quart of red or black raspberries, which crush and strain. Bring half a pound of granulated sugar and two gills of hot water to boiling point. When cold add the fruit juice and sufficient ice water to make a pleasant drink. Serve with pieces of ice in each glass.

CURRENT WATER.

Required: One pound of ripe red currants, half a pound of lump sugar, half a pound of castor sugar, three pints of water.

Stalk and pick over the currants, then mash them with a wooden spoon, adding as you do so half a pint of water. Next put the fruit

into a preserving-pan with the castor sugar. Stir it over the fire until it begins to simmer, then pass it through a hair sieve. Put the lump sugar into a pan with three gills of boiling water, let the sugar dissolve, then boil it to a syrup; pour this on to the fruit juice, adding one and a half pints more water. Serve cold.

GINGER BEER.

Required: Two lemons, one ounce of ginger, one ounce of cream of tartar, three pounds of loaf sugar, three gallons of boiling water, two large tablespoonfuls of brewer's yeast, or two ounces of compressed yeast.

Put the thinly-pared rinds and juice of the lemons in a large earthenware pan with the ginger, which should be first slightly bruised, the cream of tartar and loaf sugar. Pour onto these the boiling water, then add the yeast—if compressed yeast is used it must be mixed until it becomes liquid with two tablespoonfuls of castor sugar.

Stir all well together, cover the pan, and let the beer stand in a warm place until next day. Then skim off the yeast carefully, pour the beer into clear bottles, taking care to leave the sediment behind. Cork the bottle tightly, and in four days the beer will be ready for

A REFRESHING DRINK FOR SUMMER.

Put into a tumbler about two tablespoonfuls of broken ice, two tablespoonfuls of chocolate syrup, three tablespoonfuls of whipped cream, one gill of milk, and half a gill of soda water from a siphon bottle, or Apollinaris water. Stir well before drinking. A tablespoonful of vanilla ice cream is a desirable addition. It is a delicious drink, even if the soda or Apollinaris water and ice cream be omitted. A plainer drink is made by combining the syrup, a gill and a half of milk and the ice, and shaking well.

LEMONADE.

Required: Two lemons, one pint of boiling water, two ounces of loaf sugar.

Pare the lemons very thinly and put the peel in a jug; next take off every scrap of pith from the lemons, otherwise the lemonade will have a bitter flavor. Slice the lemons thinly, and after taking out all the pips, put the slices in the jug, add the sugar, and then pour on the boiling water. Cover the jug and let it stand until the lemonade is

cold. Then strain it into a clean jug, pressing the slices well. If possible add a few lumps of ice and a slice or two of lemons to it before serving.

Where it is difficult to procure fresh lemons, lemonade may be made from essence of lemon and citric acid.

Care must be taken, however, to purchase a reliable brand of essence of lemon.

FRUIT LEMONADE.

Mix together one cupful each of lemon juice and the juice of any fruit in season, such as raspberries, currants, pineapple, etc.; where the flavors blend well (as currants and raspberries) two or more fruits may be taken. Make agreeably sweet with sugar syrup, then measure and add three to four times as much ice water. Serve thoroughly iced. Sugar syrup is made by boiling together for five minutes one pint and a half of sugar and one pint of water. This syrup will keep well if bottled and put aside in a cool place, and mixes more readily with lemonade and kindred drinks than powdered sugar.

HOPKOS.

Boil three-quarters of an ounce of hops and half an ounce of ginger in one quart of water for twenty-five minutes; add one pound of brown sugar, boil for ten minutes longer, pour into a can and add five quarts more boiling water. Bottle when cold. It is then ready for drinking.

RASPBERRY VINEGAR.

To four quarts of red raspberries put enough vinegar to cover and let them stand twenty-four hours; scald and strain it; add a pound of sugar to one pint of juice; boil it twenty minutes and bottle; it is then ready for use, and will keep for years. To one glass of water add a great spoonful. It is much relished by the sick. Very nice.

BARLEY WATER.

Wash two and a half ounces of barley and put it into a little boiling water. After cooking a few minutes pour off and add two quarts of fresh boiling water, and let all cook slowly in a perfectly clean saucepan until reduced one-half.

When cold, flavor with a little lemon juice.

CIDER CUP.

Required: One quart of cider, two bottles of soda water, one bottle of lemonade, one ounce of castor sugar, two inches of cinnamon, a sprig of mint.

Cut a cucumber into slices without peeling it. Put it in a jug with the sugar, cider and mint. Let it stand, on ice, if possible, for two hours. Then add the lemonade and soda water, and if possible ice and remove the mint.

STRAWBERRY COCKTAILS.

Cut perfect berries in halves, sweeten very highly with powdered sugar. Add to each pint of berries the juice of two lemons (about two tablespoonfuls), and four tablespoonfuls of orange juice. Set on ice to chill thoroughly, and just before serving, add to each pint one-fourth of a pint of cherry, maraschino or champagne. Some palates prefer a little *creme de menthe* in place of the wine. Serve in cocktail glasses.

The top of each portion may be garnished with a very little finely minced fresh mint leaves, or with candied mint leaves, or a brandied cherry may be used. Place the glasses containing the cocktails on a plate with doily under the glass.

BLACKBERRY CORDIAL.

To one quart of blackberry juice, extracted by the fruit press, take one quart of syrup made as directed, one teaspoonful of mace, two teaspoonfuls of ground cloves, one teaspoonful of allspice, four teaspoonfuls of ground cinnamon.

Add the fruit juices and spices to the syrup and boil until a syrup is formed. Take from the fire and cool. When cool add one pint of brandy to every quart of fruit juice used; strain through a muslin bag, bottle and cork.

CHOCOLATE SYRUP.

Into a granite-ware saucepan put one ounce—three tablespoonfuls—of soluble chocolate, and gradually pour on it half a pint of boiling water, stirring all the time. Place on the fire, and stir until all the chocolate is dissolved. Now add one pint of granulated sugar, and stir until it begins to boil. Cook for three minutes longer, then strain and cool. When cool, add one tablespoonful of vanilla extract. Bottle, and keep in a cold place.

RASPBERRY SHRUB.

For every cupful of fruit juice take one-half cupful of cider vinegar and two cupfuls of sugar. Put the fruit juice, sugar and vinegar over the fire, stir until the sugar dissolves and boil to a thick syrup. Skim, if necessary, strain and bottle.

All fruit juices are used in the same manner. When served, allow one-fourth cupful of syrup to three-fourths cupful of ice water. Should the syrup be too thin, do not adhere to this proportion of water. Taste is the best guide.

PINEAPPLE LEMONADE.

One pint water, one cup sugar, one can grated pineapple, juice of three lemons. Make syrup by boiling water and sugar together ten minutes; add pineapple and lemon juice; cool, strain and add one quart ice water.

PINEAPPLE DRINK.

Pare and remove the eyes from a large ripe pineapple, then grate it and add the juice of four lemons. Make a syrup by boiling four cupfuls of sugar and two cups of water for five minutes, add the grated pineapple and juice.

When cold, add one quart of water. Chill thoroughly before serving.

LEMON SODA.

The juice of one lemon, a tumblerful of cold water, pounded sugar to taste, half a small teaspoonful of carbonate of soda. Squeeze the juice from the lemon, strain, and add it to the water, with sufficient pounded sugar to sweeten the whole nicely. When well mixed, put in the soda, stir well and drink while the mixture is in an effervescent state.

LEMON SYRUP

is made with three quarts of water and three pounds of sugar boiled for five minutes. Strain and add one ounce of tartaric acid and allow to dissolve. Flavor with lemon juice to taste, then bottle for use.

One tablespoonful of this syrup will be sufficient for a glass of ice water.

ICED TEA.

Prepare tea in the morning, making it stronger and sweeter than usual; strain and pour into a stone jug or glass bottle, and set aside

in the icechest until ready to use. Drink from goblets without cream. Serve ice broken in small pieces on a platter nicely garnished with well-washed grape leaves.

Iced tea may be prepared from either green or black alone, but it is considered an improvement to mix the two. Tea made like that for iced tea (or that left in the teapot after a meal), with sugar to taste, a slice or two of lemon, a little of the juice, and some pieces of cracked ice, makes a delightful drink.

Serve in glasses.

KOUMISS.

Mix one pint of buttermilk with four pints of sweet milk and five pieces of lump sugar. Pour the whole from one pitcher to another till the sugar is melted. It takes from ten to fifteen minutes. Cover with muslin and allow to stand in a warm part of the kitchen for twelve hours.

Pour into pint bottles, tie down the corks, and in four days it is ready for use. The bottles should be left lying on their sides in a cool place.

MILK SHAKE.

Have ready some sugar syrup made according to the directions in the recipe for iced orange juice. Sweeten a half pint of unskimmed milk with the syrup; flavor with a half teaspoonful of vanilla extract; turn into the glass of your shaker, and add enough crushed ice to fill the glass to the brim. Shake long and hard before pouring into a chilled tumbler.

EGG-NOGG.

Beat until very light, the yolk of one egg and a teaspoonful of sugar; then add the white of the egg beaten to a stiff froth. Stir well together, pour into a glass, and add a teaspoonful of rum or brandy and as much milk as the glass will hold. It will give more nourishment if whipped cream is used instead of milk.

Serve with grated nutmeg over the top.

FORTY RECIPES OF THE "FOUR HUNDRED."

BREAD AND MUFFINS.

MRS. GROVER CLEVELAND'S CELEBRATED RECIPE FOR BROWN BREAD.

One bowl Indian meal, one bowl rye flour, one bowl sour milk, one large cup molasses, one teaspoonful soda, one teaspoonful salt. The whole must be mixed thoroughly and steamed two and one-half hours, then baked from twenty minutes to a half hour, depending upon the heat of the oven.

JANICE MEREDITH'S MAIZE BREAD.

One-half pint corn meal, scald with half cup of boiling water, one teaspoon salt, two eggs, one cup milk, one large teaspoon baking-powder. Mix thoroughly, bake in a pudding-dish and serve with a spoon.

THOMAS JEFFERSON'S LAPLAND CAKES.

Three eggs beaten very light and stirred in a pint of cream, then mix in one pint of flour, beating until perfectly smooth. Grease your shapes, pour in the batter and bake very quickly.

WAFFLES.

(Mrs. Joseph Patterson, Philadelphia.)

One quart milk, two eggs, half teacup rice flour, two tablespoons yeast powder, and enough flour to make batter.

CLERMONT MUFFINS.

(Mrs. Robert K. Livingstone, New York, 1775.)

Two eggs, two tablespoons butter, one large teacup cream, sweet or sour, one saltspoon of salt, flour enough for a very soft dough. Mix well, shape into small balls the size of an English walnut. Roll out in thin cakes, each one about the size of a dessert plate, not much thicker than paper. Bake in a pan in front of a hot fire.



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POPOVERS.

(Mrs. Gouverneur Ogden, New York.)

One egg, well beaten, one cup sweet milk, one cup sifted flour, salt to taste. Drop in hot gem tins and bake quickly.

SOUPS.

CALVES' HEAD SOUP.

(Mrs. Julia Breckenridge, Va.)

Put head in water to soak, then in salt water to boil (take brains out and tie in bag to boil). Strain liquor, cut all meat and brains in dice, six potatoes cut small, dumplings made of flour, water and lard; small; add red pepper, three bunches pot-herbs, tablespoon sweet marjoram, four hard-boiled eggs cut fine. Meat balls (meat chopped fine with salt, pepper and flour) fried in butter; sherry to taste.

BEAN SOUP.

(Mrs. George Newbold Lawrence of New York.)

Put one pint of kidney beans into two quarts of water, boil them three hours, then pour off the water, mash the beans through a colander, then with a wooden masher, then throw them back into the water in which they were boiled, add a piece of butter the size of an egg, a little salt and red pepper. Let it boil a quarter of an hour. Add a wineglass of white wine.

GENERAL BURNSIDE'S CLAM SOUP.

Two quarts clams, two onions, three quarts water. Boil two hours and then strain. Scald one quart milk thickened with a spoonful of flour, seasoned to taste. Chop the clams fine and remove the black out of the stomachs.

FISH.

FISH A LA CREME.

(Mrs. Allen Maury, Ashland, Va.)

Take four pounds halibut, whitefish, rock or shad and boil in salt and water. When done take off the skin, remove bones and shred

fine. To one quart of cream mix well three tablespoons flour, one-fourth pound butter, one-half onion, one bunch parsley and a little cayenne pepper. Put into a deep dish, a layer first of fish and then of sauce until dish is filled. Put on top bread crumbs and bake one-half hour.

STUFFED CRABS.

(Mrs. Meredith Bailey.)

Cook the crabs twenty minutes. When cold, cut them in two parts, clean the shells well and keep. Take out and hash the meat. Make bechamel sauce with cream, not too thick; add one onion hashed fine, and fry in butter. Spice strongly with cayenne pepper, mustard, spices and nutmeg. Cook crabs in this sauce ten minutes, add crumbs, and thicken with yolks of eggs. Bechamel sauce—Mix cold and well together in a saucepan two ounces of butter, one tablespoonful flour, add one pint of milk, set on fire, stir constantly. When turning rather thick, take off. Beat a yolk of egg with teaspoon of water. Turn it into the sauce; season.

CREAMED LOBSTER.

(Mrs. General William B. Franklin, Hartford, Conn.)

Mince lobster or crab fine. Boil one quart milk and stir in slowly two large tablespoons flour, mixed smooth with a little cold milk. Season with black and red pepper, chopped parsley and a bit of onion. Fill dish with alternate layers of lobster and cream. Sprinkle bread crumbs on top and brown in oven.

TERRAPIN BROWN STEW.

(Mr. Joe McAllister, Savannah, Ga.)

Have the terrapins boiled with onion, cloves and mace and celery seed. Add bread and black pepper and salt. When nearly done, put them into a chafing-dish into which you have mashed two large spoonfuls browned flour, two of butter and a teaspoon of powdered allspice. Boil until quite thick, add a glass of wine. Eat with lemon juice.

BRUNSWICK STEW.

(Mrs. Junius B. Mosby, Richmond.)

Six quarts of water in an iron pot, two medium-sized chickens, two slices bacon. Boil until meat is falling to pieces. Take out and chop fine, putting meat and bones back in pot. Add six large tomatoes,

one pint butter beans, six medium-sized onions, season with salt, red and black pepper to taste. After this has cooked for one hour add six Irish potatoes cut in slices. One-half hour before serving add six ears of corn with grain split and one-fourth pound of butter. Best to cook in thick iron pot and constantly stir to prevent burning.

A LARGE OMELET.

(Mr. and Mrs. John Cadwalader, Philadelphia.)

Beat twelve eggs, yolks and whites, to a froth; add two middling-sized onions, handful of fresh parsley, chop very fine and mince. Beat these ingredients into the eggs, pepper and salt to taste. Fry it in boiling hot butter—five minutes is long enough—over a brisk fire. The eggs will form into a pancake in the frying-pan; when done double it lightly in half and dish it up hot to your table. (The French frequently add a little garlic or fresh leeks.)

PASTRIES AND SWEETS.

SPICE CAKE.

(Mrs. Theodore Roosevelt.)

One cup butter, two cups sugar, one cup milk, four eggs, four cups flour, two teaspoonfuls Sea Foam baking-powder, one teaspoonful ground cinnamon, one-half teaspoonful nutmeg.

A VIRGINIA PUDDING.

(Miss Cary Randolph, of "Edgehill," Virginia.)

One pint of bread crumbs, one quart of cream, one teacup of white sugar, yolks of four eggs, grated rind of one lemon; beat yolks, sugar and lemon together and stir in the crumbs; bake a light brown. When it is done, spread over the top currant jelly or any small preserve; beat the whites of the eggs to a stiff froth, spread on top; serve either hot or cold.

LEMON PIE.

(Mrs. Nicholas Roosevelt, New York.)

One lemon, grate the rind and squeeze the juice, one tablespoonful of flour, one cup of sugar, one cup of water, yolks of three eggs; boil

all until quite stiff. When the pie is baked a light brown, cover with the whites of the eggs to a froth with sugar, brown again in the oven.

DOLLY MADISON'S WHIM.

(This is Mrs. Dolly's own favorite cake, and was taken from the original book.)

One pound of flour, one pound of sugar, one pound of butter, one pound of raisins, stoned and chopped; six eggs and a wineglass of brandy, one nutmeg, a tablespoon of mace, one dessertspoon of soda dissolved in a wineglass of hot water; beat the butter to a cream; rub the yolks of the eggs and the sugar together, add the butter, whip the whites to a stiff frost; add alternately with the flour, then the brandy and the nutmeg, and lastly the soda. Stir the whole mixture lightly and quickly and bake in a deep pan with the same heat required for pound cake.

FRENCH PLUM PUDDING.

(Mrs. Charles Brinton Coxe, Philadelphia.)

One-fourth pound of sifted flour, one-fourth pound of bread crumbs, one-fourth pound of currants, one-fourth pound of raisins, two chopped apples, a little citron, one-half pound of suet, one-half pound of sugar, of which half must be browned to caramel; one small glass of brandy. Boil three and one-half hours in mold and eat with wine sauce.

CHARLOTTE RUSSE.

(Mrs. Nicholas Roosevelt, New York.)

Cake—Three eggs, pinch of salt, one cup of sugar, one and three-quarter cups of flour, half a lemon, one teaspoonful of cream of tartar, one-half spoonful of soda dissolved in warm milk. Russe—Three-fourths pint of cream well whipped, two cups of sugar, whites of three eggs beaten light, one-half glass of wine, vanilla, tablespoon of gelatine dissolved in warm water.

PUMPKIN PIE.

(Miss Schuyler, New York.)

One pumpkin prepared, one pint of milk boiling, two tablespoons of butter, two cups of brown sugar, one large cup of dark molasses,

pinch of salt and mace, three tablespoons of ginger, two tablespoons of cinnamon; mix ginger and cinnamon with a little of the pumpkin until smooth; add the boiling milk, then the pumpkin, and boil fifteen minutes; then beat four eggs light and stir in, not boil as for custard. Put in paste while hot. This makes three large pies.

STILL-FROZEN ICE CREAM.

(Mrs. Cadwalader Jones, Bar Harbor.)

One quart strawberries (or any fruit), one pint sugar; mash well together. Put through a strainer and add one quart thick cream, mixing it well with a wooden spoon. Put in a mold and wrap the mold in a towel and bury in ice and salt for five hours.

ICES AND TODDIES.

SHERBET.

(Mrs. Seth Barton French.)

One gallon of water, twelve lemons, six oranges, one cup of cream, whites of eight eggs and sweeten to your taste.

JOHN DABNEY'S MINT JULEP.

(General Dabney H. Maury, Richmond, Va.)

Crushed ice, as much as you can pack in, and sugar, mint bruised and put in with the ice, then your good whiskey, and the top surmounted by more mint, a strawberry, a cherry, a slice of pineapple, or, as John expressed it, "any other fixings you like."

ROBERT E. LEE PUNCH.

One and a half gallons (six quarts) Jamaica rum, eight quarts Apollinaris, two pounds sugar, one jar or can Maraschino cherries, one and a half dozen lemons, one can sliced pineapple, one small tumbler raspberry cordial. Reserve three quarts of Apollinaris; just before serving add, to produce an effervescent effect. It is best to place bowl of punch on a block of ice for some time before serving, instead of putting ice in the punch. Then look out for the nearest lamp-post.

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RHINE WINE CUP.

(Dr. S. Naudain Duer of Philadelphia.)

One quart Rhine wine, one wineglass gin (the best), one curacao. Mix in large-mouthed pitcher with one large piece of ice. Just before serving enliven with two short "squirts" from a siphon of plain soda. The cup may be improved by a small piece of cucumber rind, left in for a few minutes only, as more than the faintest taste of cucumber will spoil it. Serve in Apollinaris glasses with a few sprigs of mint.

TEA PUNCH.

(Mrs. Francis T. Boykin, Richmond, Va.)

Three cups of strong green tea, into which put the rind of six lemons pared very thin, one and a half pounds of sugar, with the juice of six lemons. Stir together a few moments, and then let the rind of the lemon remain several hours in the mixture to give flavor; then strain off and add one quart of the best rum, or three pints of good sherry. Fill glasses with crushed ice when serving. It will keep any time when put in bottles.

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